28 MAKE-AHEAD RECIPES

Pillsbury

DEC 2003 #274

CLASSIC® COOKBOOKS

Holiday Appetizers & Desserts



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Easy Recipe with Pillsbury® Biscuits!

Festive Ham and Cheese Wreath p. 25








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EDITOR'S PICK

Saucy Center Chocolate Cakes

These delicious cakes are sure to please chocolate lovers!

Turn to p. 58 ➤

WE'D LOVE TO HEAR FROM YOU!

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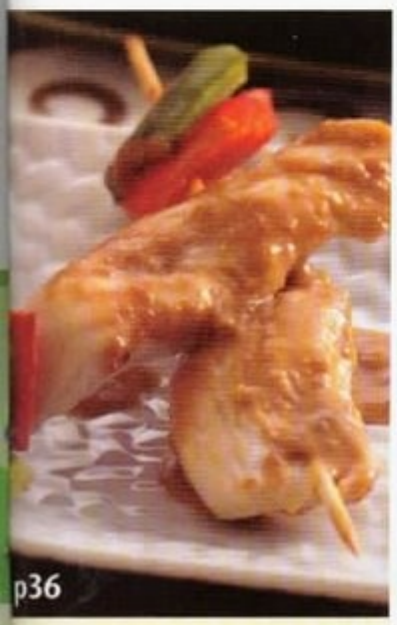
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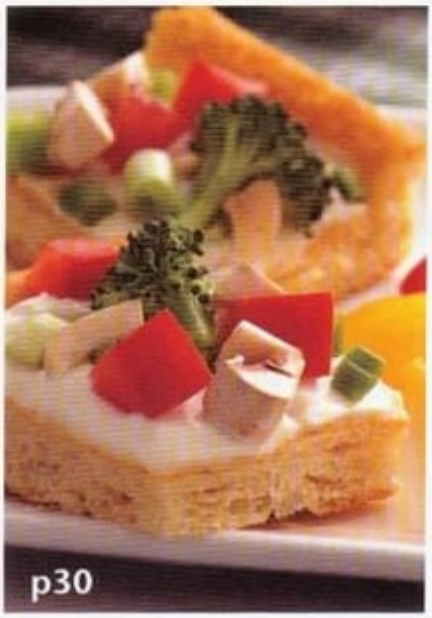


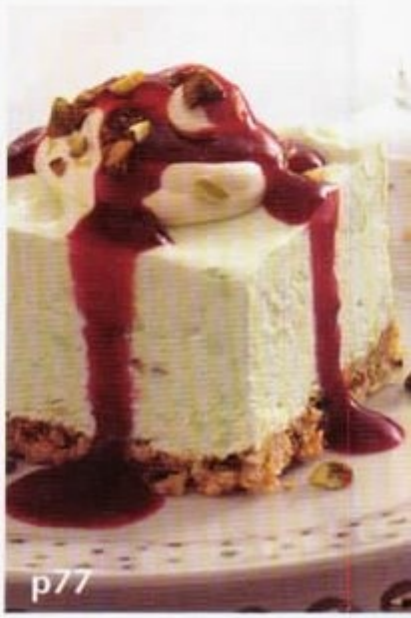
In This Issue

Holiday Appetizers & Desserts

What's Cookin'?.....2
Holiday Appetizer Party.....16
Dessert of the Month.....62
Recipe Makeover.....76
Let's Get Together...80
Index.....90
Nutrition Info.....91







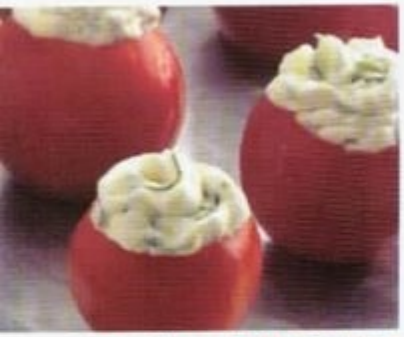
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5
EASY ON THE HOSTESS
Enjoy your own party: Here's how

33
JUST A BIT SPECIAL
Simple twists make the ordinary extraordinary

55
DESSERTS THAT DAZZLE
Pull out all the stops for scrumptious holiday treats



Cucumber-Dill Stuffed Cherry Tomatoes p. 10



Chipotle Chicken Drummettes p. 14



Raspberry-Brie Tarts p. 48

HOSTING AN Appetizer Party

Choose foods that can easily be eaten with a fork or fingers and don't require cutting.

Select both hot and cold foods and include variety of textures and flavors (mild/spicy, sweet/salty).

If a guest offers to bring something, by all means say yes!

Unless you have more than one oven, reserve during-party baking for recipes with compatible bake temperatures. Time the first tray to come out of the oven as the first guests arrive, and have trays ready to bake throughout the party. Set the timer—it's easy to lose track of cooking time.

If you'll be using electric hot plates or appliances, push the buffet table towards a wall so cords can trail down the back and people won't trip on them.

Include plenty of cut-up fresh vegetables and fruit chunks for diet-conscious guests.

Allow 3 to 4 appetizers per person per hour.



Divinely EASY

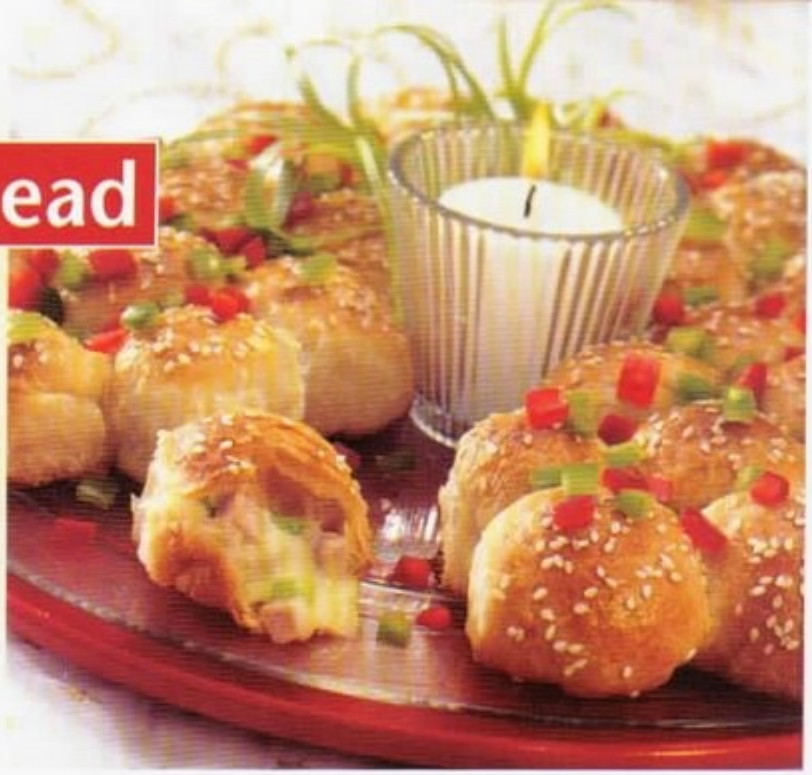
To turn a purchased angel food or pound cake into a company-worthy dessert, top it with:

- Fresh berries with whipped cream
- Raspberry "coulis" (To make: puree berries in a blender with a little liqueur or orange juice and strain before serving)
- Purchased hot fudge or caramel sauce
- Cherry pie filling
- Whipped cream or crème fraîche

do it ahead

When you're planning a party, the more prep that's done in advance, the more you will be able to enjoy the party.

Festive Ham and Cheese Wreath p. 25



Hot Stuff: Keep it Hot

To keep buffet foods hot and fresh looking as well as safe to eat:

- Use a chafing dish, slow cooker or electric warming tray to keep foods above 140°F. during serving.
- Periodically stir foods to prevent the top from drying out.
- Don't keep hot foods at room temperature for more than two hours.
- Rather than replenishing a dish containing hot dip or another warm food, clear away the used dish and set out a fresh one.



Instant Centerpieces

No time to go to the florist? Dress the table with:

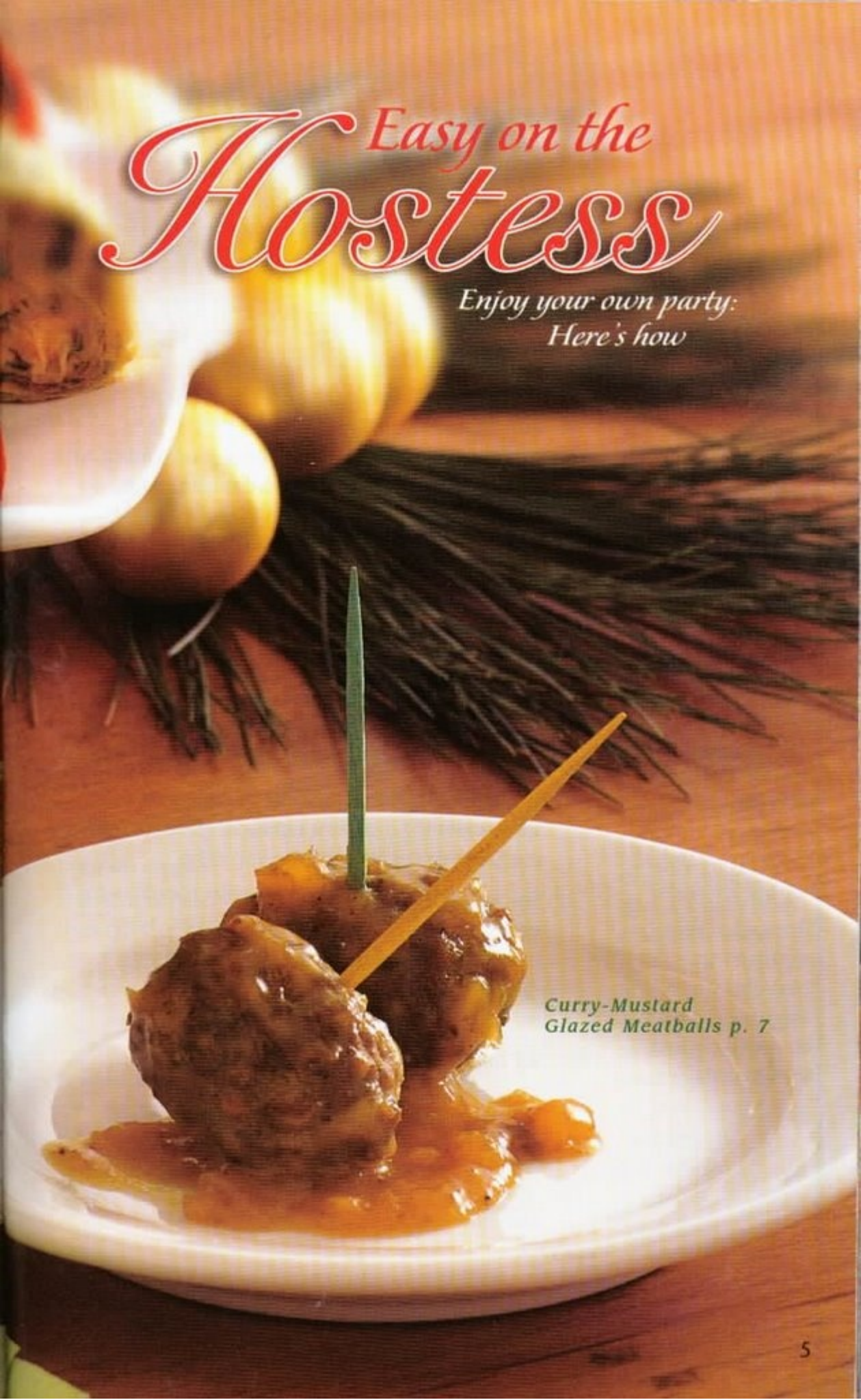
- A bowl or cylindrical vase with holiday ornaments, pine cones, or shiny red apples
- Candlesticks tied with ribbon bows
- A lavishly wrapped present
- A "bouquet" of candy canes or chocolate Santa pops
- A grouping of pillar candles



Mexican Vegetable Roll-Ups p. 6

Easy on the Hostess

Enjoy your own party: Here's how



Curry-Mustard Glazed Meatballs p. 7

COOK'S NOTES

RECIPE FACT

Corn and black beans add substance to these bite-sized vegetable roll-ups. The spicy, hearty qualities of the roll-ups make them a must for your appetizer buffet; vegetable-lovers will thank you.

MAKE-AHEAD TIP

Prepare the roll-ups up to eight hours before serving, wrap each roll in plastic wrap.

MAKE IT SPECIAL

Add some sass to these roll-ups with a dash of ground red pepper (cayenne) or hot pepper sauce.

These attractive appetizers are irresistible when they are piled high on a pretty lettuce-lined pedestal.



make-ahead

Mexican Vegetable Roll-Ups

PREP TIME: 20 minutes (Ready in 1 hour 20 minutes)

- 1 (3-oz.) pkg. cream cheese, softened
- 1/3 cup sour cream
- 1 tablespoon Old El Paso® Taco Seasoning Mix
- 1/2 cup fresh corn kernels or Green Giant® Niblets® Frozen Corn, thawed, drained
- 1/2 cup drained black beans (from 15-oz. can), rinsed
- 1/4 cup finely chopped fresh cilantro
- 1 Italian plum tomato, seeded, finely chopped (about 1/4 cup)
- 2 tablespoons Old El Paso® Thick 'n Chunky Salsa
- 3 (10-inch) garden spinach and vegetable, tomato, or plain flour tortillas

1. In small bowl, combine cream cheese, sour cream and taco seasoning mix; beat until well blended. Stir in corn, beans, cilantro, tomato and salsa.
2. Spread cream cheese mixture over each tortilla to edges. Roll up each; cut off tapered ends. Wrap each tortilla roll in plastic wrap. Refrigerate at least 1 hour or up to 8 hours before serving. To serve, cut each roll into 1-inch slices.

24 appetizers

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 65** **CALORIES FROM FAT: 25**

		% DV			% DV		% DV
Total Fat	3g	5%	Total Carbohydrate	7g	2%	Vitamin A	2%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	5mg	2%	Sugars	1g		Calcium	2%
Sodium	90mg	4%	Protein	2g		Iron	2%

EXCHANGES: 1/2 Starch, 1/2 Fat
CARBOHYDRATE CHOICES: 1/2



easy

make-ahead

Curry-Mustard Glazed Meatballs

PREP TIME: 10 minutes (Ready in 4 hours 10 minutes)

- 1 (12-oz.) jar pineapple preserves
- 1 (8-oz.) jar Dijon mustard
- 1 (8-oz.) can pineapple tidbits in unsweetened juice, undrained
- ½ cup firmly packed dark brown sugar
- 1 teaspoon curry powder
- 2½ lb. frozen cooked Italian meatballs (about 80 meatballs)

1. In small saucepan, combine all ingredients except meatballs. Bring to a boil. Place meatballs in 2½ to 3-quart slow cooker. Stir in preserves mixture.
2. Cover; cook on high setting for 4 hours, stirring twice. Stir well before serving.

40 servings

HIGH ALTITUDE (ABOVE 3500 FEET): Defrost meatballs and continue as directed.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/40 OF RECIPE			CALORIES: 120			CALORIES FROM FAT: 45	
		% DV			% DV		% DV
Total Fat	5g	8%	Total Carbohydrate	13g	4%	Vitamin A	0%
Saturated	2g	10%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	30mg	10%	Sugars	8g		Calcium	2%
Sodium	310mg	13%	Protein	6g		Iron	4%

EXCHANGES: 1 Starch, 1 Medium-Fat Meat
CARBOHYDRATE CHOICES: 1

COOK'S NOTES

INGREDIENT INFO

Curry powder is a British invention meant to replicate the seasonings ground fresh daily by cooks in southern India. Madras curry powder is extra-hot.

MAKE-AHEAD TIP

Prepare the meatballs and refrigerate up to two days in advance. To freeze, prepare the recipe and place in freezer container; freeze for up to one month. To serve, thaw meatballs and heat as directed.

SERVING SUGGESTION

Use a slow cooker to serve meatballs during a party. Hot meatballs can be held for two hours in a slow cooker set on low with the lid removed. Provide small forks, pretzel sticks or cocktail toothpicks for easy eating.



easy

make-ahead

Cheddar-Stuffed Mushrooms

PREP TIME: 30 minutes (Ready in 45 minutes)

- 2 (8-oz.) pkg. fresh whole mushrooms, cleaned
- ¾ cup 10-minute herb stuffing mix
- 2 oz. (½ cup) shredded extra-sharp Cheddar cheese
- ¼ cup butter, melted
- 2 tablespoons finely chopped onion

1. Heat oven to 350°F. Remove stems from mushrooms; reserve caps. Finely chop half of the stems; discard remaining stems.
2. In small bowl, combine chopped mushroom stems, stuffing mix, cheese, butter and onion; mix well. Spoon about 1 teaspoon mushroom mixture into each mushroom cap. Place on ungreased cookie sheet.
3. Bake at 350°F. for 10 to 12 minutes or until thoroughly heated. Serve warm.

36 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 30** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	2g	1%	Vitamin A	0%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	5mg	2%	Sugars	0g		Calcium	0%
Sodium	40mg	2%	Protein	1g		Iron	0%

EXCHANGES: 1/2 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT SUBSTITUTION

Instead of Cheddar, stuff these mushrooms with your favorite cheese; try crumbled blue cheese, feta or shredded Swiss.

KITCHEN TIP

Wash sand or soil off the mushrooms by swishing them briefly in a large bowl of cool water. Lift them out and transfer them to another bowl. Repeat two more times with fresh water. Do not dump the bowl of mushrooms into a colander; sand from the bottom of the bowl will end up on top of the mushrooms. Gently dry mushrooms with a paper towel.

MAKE-AHEAD TIP

Stuff the mushrooms one day ahead of serving time, cover and refrigerate until ready to bake.

easy

make-ahead

Cucumber-Dill Stuffed Cherry Tomatoes

PREP TIME: 45 minutes (Ready in 2 hours 45 minutes)

- 24 cherry tomatoes
- 1 (3-oz.) pkg. cream cheese, softened
- 2 tablespoons mayonnaise or salad dressing
- ¼ cup finely chopped, seeded cucumber
- 1 tablespoon finely chopped green onions
- 2 teaspoons chopped fresh dill or ¼ teaspoon dried dill weed

1 Remove stems from tomatoes. To level bottoms of tomatoes, cut thin slice from bottom of each. Starting at stem end and using small spoon or melon baller, carefully hollow out each tomato, leaving ⅛-inch shell. Invert tomato shells onto paper towels to drain.

2 In small bowl, combine cream cheese and mayonnaise; blend well. Stir in cucumber, onions and dill; mix well.

3 Fill tomato shells with cream cheese mixture; place on serving platter or tray. Cover loosely; refrigerate at least 2 hours or up to 24 hours before serving. Store in refrigerator.

24 appetizers

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER CALORIES: 20 CALORIES FROM FAT: 20

		% DV		% DV		% DV
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]

EXCHANGES: [illegible]

CARBOHYDRATE CHOICES: [illegible]

COOK'S NOTES

HEALTHY HINT

To reduce the fat in each serving of these tomatoes by about 1 gram, use nonfat cream cheese and reduced-fat mayonnaise.

KITCHEN TIPS

Use a miniature melon baller to hollow out the tomatoes.

To easily fill the tomatoes, place the cream cheese mixture in a plastic squeeze bottle. Snip off three-quarters of the bottle's tip with a kitchen scissors. Squeeze the cream cheese mixture into the tomato shells.

MAKE-AHEAD TIP

Prepare this recipe up to one day in advance; cover and refrigerate until serving time.





easy

make-ahead

Gorgonzola-Artichoke Dip

PREP TIME: 40 minutes

- 5 slices precooked bacon
- 1 (14-oz.) can artichoke hearts, well drained, chopped
- 1 (8-oz.) pkg. cream cheese, softened
- 2 oz. Gorgonzola cheese, crumbled (½ cup)
- 2 oz. (½ cup) shredded fresh Parmesan cheese
- 2 teaspoons lemon juice

1. Heat oven to 350°F. Spray 8-inch quiche dish, or 8 or 9-inch glass pie pan with nonstick cooking spray. Chop 3 slices of the bacon; place in medium bowl. Reserve remaining bacon for garnish. To bacon in bowl, add remaining ingredients; mix well. Spread mixture in sprayed dish.
2. Bake at 350°F. for 10 minutes. Stir dip; bake an additional 10 to 15 minutes or until dip is bubbly around edges.
3. Chop reserved bacon; sprinkle on top of dip. Serve warm dip with petite toasts, assorted crackers or baguette slices.

2 cups

Note: Dip can be cooked in microwave on MEDIUM-HIGH for 4 to 5 minutes, stirring once halfway through cooking.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 2 TABLESPOONS			CALORIES: 105			CALORIES FROM FAT: 70		
		% DV			% DV			% DV
Total Fat	8g	12%	Total Carbohydrate	3g	1%	Vitamin A		4%
Saturated	5g	25%	Dietary Fiber	1g	4%	Vitamin C		2%
Cholesterol	20mg	7%	Sugars	1g		Calcium		8%
Sodium	250mg	10%	Protein	5g		Iron		2%

EXCHANGES: 1/2 High-Fat Meat, 1 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT SUBSTITUTION

Use blue-veined cheese in place of the Gorgonzola. Look for Danish blue, Roquefort or Stilton.

MAKE-AHEAD TIP

Assemble this recipe up to one day in advance; cover and refrigerate it. To serve, uncover and bake as directed, increasing the baking time if necessary, until it is hot and bubbly.

MAKE IT SPECIAL

Add zip to this dip with one or two seeded and finely chopped jalapeño chiles.

easy

COOK'S NOTES

INGREDIENT INFO

Chipotle chiles are dried, smoked jalapeño chiles. They are available dry in bulk, or canned in adobo sauce. Adobo sauce is a traditional Mexican paste made from ground chiles, herbs and vinegar. It's not overly hot, but it has a rich spicy flavor.

MAKE-AHEAD TIP

The sauce can be made one day ahead. Refrigerate it until you are ready to bake the drummettes.

make-ahead

Chipotle Chicken Drummettes

PREP TIME: 10 minutes (Ready in 1 hour 10 minutes)

- 2 (16-oz.) pkg. chicken wing drummettes (about 20 drummettes)
- ¾ cup chili sauce
- 3 tablespoons brown sugar
- 2 tablespoons chopped chipotle chiles in adobo sauce
- 1 teaspoon grated lime peel
- 2 garlic cloves, minced

1. Heat oven to 375°F. Line 13x9-inch pan with foil. Arrange drummettes in single layer in foil-lined pan.
2. In small microwave-safe bowl, combine all remaining ingredients; mix well. Microwave on HIGH for 1 minute or until sugar is dissolved, stirring once halfway through cooking. Pour sauce over drummettes to cover.
3. Bake at 375°F. for 30 minutes. Turn drummettes over; bake an additional 20 to 30 minutes or until drummettes are glazed, fork-tender and no longer pink next to bone.

20 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 65** **CALORIES FROM FAT: 25**

		% DV			% DV		% DV
Total Fat	3g	5%	Total Carbohydrate	5g	2%	Vitamin A	2%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	15mg	5%	Sugars	5g		Calcium	0%
Sodium	150mg	6%	Protein	5g		Iron	2%

EXCHANGES: 1/2 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 0



Canadian Bacon and Pineapple Pizza

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 8 slices (¾ oz each) mozzarella cheese
- 1 package (5 to 6 oz) sliced Canadian bacon
- 1 can (8 oz) pineapple chunks in juice, well drained on paper towels
- ½ cup thinly sliced red onion
- ½ cup chopped green bell pepper (½ medium)
- ½ cup shredded Cheddar cheese (2 oz)

1) Heat oven to 425°F. Spray 12-inch pizza pan or 13x9-inch pan with cooking spray. Unroll dough; place in pan. Starting at center, press out dough to edge of pan to form crust. Bake 6 to 8 minutes or until set and dry.

2) Remove partially baked crust from oven. Top with mozzarella cheese, cutting to fit. Arrange Canadian bacon, pineapple, onion and bell pepper over cheese to within ½ inch of edge. Sprinkle with Cheddar cheese.

3) Return to oven; bake 12 to 16 minutes longer or until crust is deep golden brown.

HIGH ALTITUDE (3500-6500 FT): No change.

PREP TIME: 15 MINUTES
(READY IN 30 MINUTES)

SERVINGS: 8

LOW FAT EASY

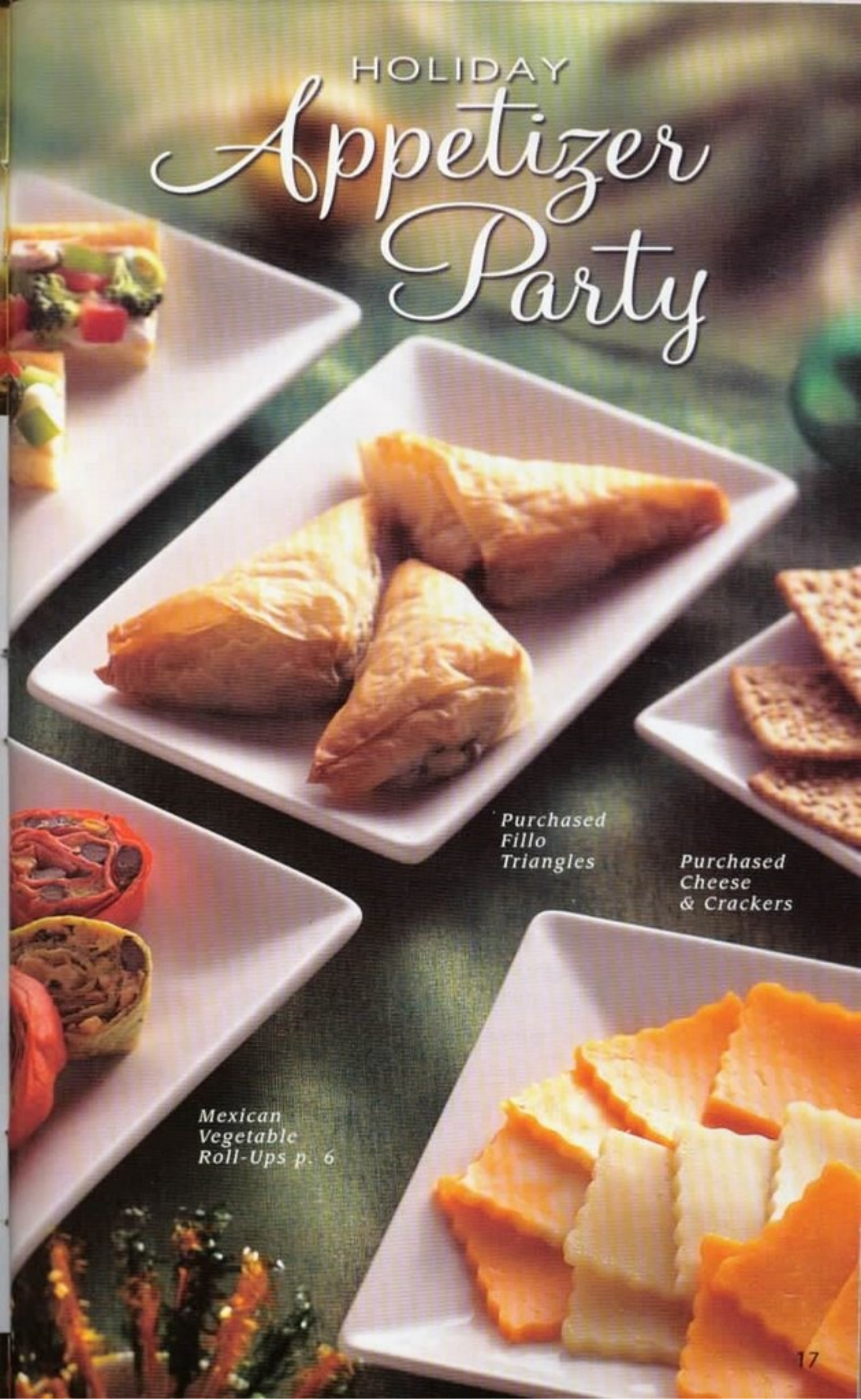
NUTRITION INFORMATION PER SERVING:

Calories: 260		From Fat: 80
		%DV
Total Fat	9g	14%
Saturated	5g	25%
Cholesterol	25mg	9%
Sodium	730mg	31%
Total Carbohydrate	28g	10%
Dietary Fiber	1g	5%
Sugars	8g	
Protein	15g	

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, 1½ Lean Meat, 1½ Fat
CARBOHYDRATE CHOICES: 2

tip

If you'd like, use 1 cup chopped cooked ham in place of the Canadian bacon.


HOLIDAY
Appetizer Party
Purchased Fillo Triangles
Purchased Cheese & Crackers
Mexican Vegetable Roll-Ups p. 6

Special Feature

HOLIDAY Appetizer Party

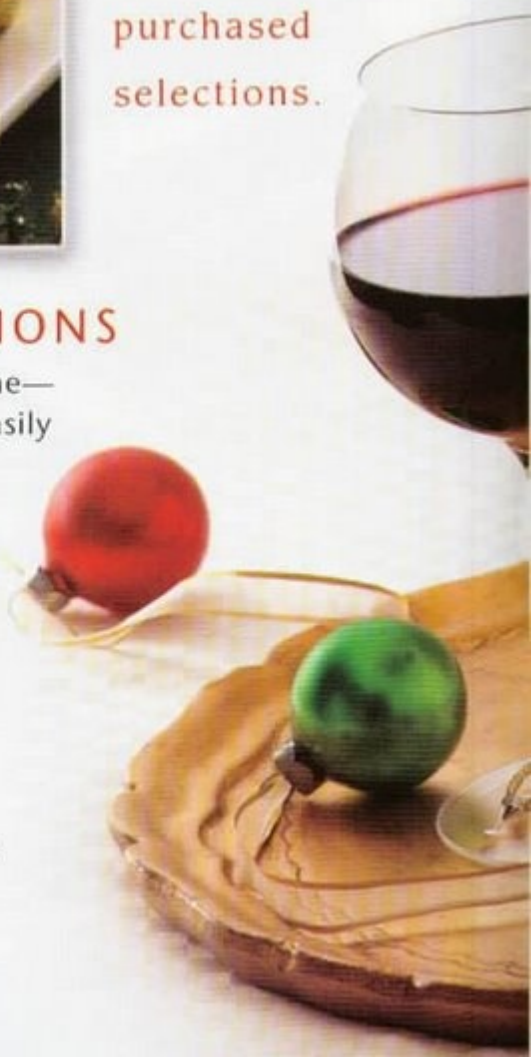


Throw the season's greatest party, and plan to enjoy it yourself. The secret: Rely on a group of easy-prep recipes and round out the menu with purchased selections.

SIMPLE PARTY SOLUTIONS

The point of the party is to have a good time—Prepare some scratch recipes and include easily prepared purchased foods such as:

- Platters of fruits or vegetables and dip
- Frozen appetizers such as mini egg rolls, filled fillo triangles or chicken wings
- Crackers and cheese
- Popcorn, chips and salted nuts
- Deli salads
- Pita triangles and hummus or olive spread
- Specialty olives or pickled vegetables



SAY CHEESE



A party is a great excuse to indulge in exotic cheeses you might not normally buy. Choose cheeses of varying types, such as Brie or another soft cheese; a firm slicer such as Cheddar; something spicy, such as jalapeño Jack; and something smoky, such as smoked Gouda.

Offer assorted crackers, both salted and unsalted.

For best flavor, let the cheese come to room temperature about an hour before serving. Let guests mix-and-match cheese and crackers, or prepare simple hors d'oeuvres by topping crackers in advance with a slice of cheese and a garnish such as ripe olive slices or an "x" of roasted red pepper strips.

Consider including a melted cheese, such as baked Brie.

Wine Notes:

SERVING WINE

- Serve sparkling wines, white wine and blush wines chilled.
- Serve reds at cool room temperature.
- Serve champagne in tall flutes to slow dissipation of bubbles.
- Serve red wines in a large-bowled stem glass; whites are traditionally served in a taller stem glass.
- Decorate wine glasses with ribbons, wine-glass charms, holiday stickers or other easy ID to prevent guests from mixing up glasses.
- Be sure to offer plenty of water, juice and soft drinks to accommodate teetotalers and designated drivers.



easy

make-ahead

Spicy Praline Pecans

PREP TIME: 20 minutes (Ready in 50 minutes)

- 2 tablespoons butter
- 2 tablespoons dark brown sugar
- 2 tablespoons maple-flavored syrup or real maple syrup
- 1/4 teaspoon ground red pepper (cayenne), if desired
- 2 cups (8 oz.) pecan halves

1. Heat oven to 350°F. Line cookie sheet with parchment paper. Melt butter in large skillet over medium heat. Add brown sugar, syrup and ground red pepper; mix well. Cook until bubbly, stirring constantly.
2. Add pecans; cook 2 to 3 minutes or until coated, stirring constantly. Spread mixture onto parchment-lined cookie sheet.
3. Bake at 350°F. for 5 to 10 minutes or until golden brown. Cool 30 minutes or until completely cooled. Store in tightly covered container for up to 2 weeks.

2 cups

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 2 TABLESPOONS **CALORIES: 135** **CALORIES FROM FAT: 110**

		% DV			% DV		% DV
Total Fat	12g	18%	Total Carbohydrate	6g	2%	Vitamin A	0%
Saturated	2g	10%	Dietary Fiber	1g	4%	Vitamin C	0%
Cholesterol	5mg	2%	Sugars	3g		Calcium	0%
Sodium	15mg	1%	Protein	1g		Iron	2%

EXCHANGES: 1/2 Other Carbohydrate, 2-1/2 Fat
CARBOHYDRATE CHOICES: 1/2

COOK'S NOTES

RECIPE FACT

A praline is a famous brown sugar-pecan patty candy from Louisiana. This recipe spices up the pecans with brown sugar and a bit of cayenne.

INGREDIENT INFO

Pecans are more than 70% fat and are difficult to keep fresh because they can become rancid.

MAKE-AHEAD TIP

Transfer cooled pecans to an airtight freezer container. Freeze for up to three months.

COOK'S NOTES

INGREDIENT INFO

Look for black bean dip in the grocery store's snack-chip aisle or with the Mexican products.

INGREDIENT SUBSTITUTION

To add a bit more zing to your quesadillas, use hot pepper Monterey Jack cheese.

FOOD SAFETY NOTE

Jalapeño chiles contain a substance in their veins and seeds that can burn skin. Wear rubber gloves or use a knife and fork when you are working with jalapeños. Try not to touch cut jalapeños, and if you do, wash your hands before touching your eyes and face.

Grilled Cheese Quesadillas

PREP TIME: 40 minutes

- 1 (11.5-oz.) pkg. (8 tortillas) Old El Paso® Flour Tortillas for Burritos
- ¾ cup spicy black bean dip (from 16-oz. jar)
- 8 oz. (2 cups) shredded Mexican cheese blend or Monterey Jack cheese
- ¼ cup chopped fresh cilantro
- 3 to 4 pickled jalapeño chiles, sliced
- 1 (16-oz.) jar Old El Paso® Thick 'n Chunky Salsa
- 1 (12-oz.) container guacamole

1. For each quesadilla, spread tortilla with 3 tablespoons bean dip. Top with ½ cup cheese, 1 tablespoon cilantro and another tortilla.
2. Heat large skillet over medium-high heat until hot. Place 1 quesadilla in skillet; cook 2 to 4 minutes or until bottom of tortilla is golden brown. Turn quesadilla; cook 1 to 2 minutes or until thoroughly heated and cheese is melted. Remove from skillet; place on cutting board.
3. Repeat with remaining quesadillas. Cut each into 8 wedges. Garnish each with 1 jalapeño chile slice. Serve with salsa and guacamole.

32 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 95** **CALORIES FROM FAT: 45**

		% DV			% DV		% DV
Total Fat	5g	8%	Total Carbohydrate	9g	3%	Vitamin A	6%
Saturated	2g	10%	Dietary Fiber	1g	4%	Vitamin C	6%
Cholesterol	10mg	3%	Sugars	1g		Calcium	6%
Sodium	240mg	10%	Protein	3g		Iron	4%

EXCHANGES: 1/2 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1/2



Featured on Our Cover

This holiday wreath not only tastes great but makes a beautiful centerpiece too!



make-ahead

Festival Ham and Cheese Wreath

PREP TIME: 45 minutes (Ready in 1 hour 10 minutes)

- 8 oz. (2 cups) finely shredded Swiss cheese
- 1½ cups (about 8 oz.) chopped cooked ham
- ¼ cup sliced green onions
- 2 tablespoons honey mustard
- 2 (12-oz.) cans Pillsbury® Golden Layers™ Refrigerated Buttermilk or Flaky Biscuits
- 1 egg, beaten
- 1 tablespoon sesame seed or poppy seed
- 2 tablespoons diced red and green bell pepper, if desired
- 1 green onion fan, if desired

1. Heat oven to 375°F. Spray large cookie sheet with nonstick cooking spray. In large bowl, combine cheese, ham, onions and mustard; mix well.
2. Separate 1 can of dough into 10 biscuits; leave second can in refrigerator. Separate each biscuit into 2 layers. Press each biscuit layer to form 3½-inch round.
3. Place 1 rounded tablespoon cheese mixture on each dough round. Wrap dough around cheese mixture, pinching edges to seal. Repeat with remaining can of dough and cheese mixture.
4. Arrange 8 balls, seam side down and sides almost touching, to form ring on sprayed cookie sheet, leaving 3-inch hole in center. Arrange 14 balls, sides almost touching, around outside of first ring. Arrange remaining 18 balls around outside of second ring. Brush wreath with beaten egg. Sprinkle with sesame seed.
5. Bake at 375°F. for 18 to 25 minutes or until golden brown. Carefully slide wreath from cookie sheet onto 14-inch serving platter. Sprinkle with bell pepper. Place onion fan in center of wreath. Serve warm.

1 wreath; 40 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER			CALORIES: 95			CALORIES FROM FAT: 45	
		% DV			% DV		% DV
Total Fat	5g	8%	Total Carbohydrate	9g	3%	Vitamin A	0%
Saturated	2g	10%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	15mg	5%	Sugars	3g		Calcium	6%
Sodium	310mg	13%	Protein	4g		Iron	2%

EXCHANGES: 1/2 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1/2

COOK'S NOTES

KITCHEN TIP

To make a green-onion brush, place the tip of a knife at the onion's middle and slit through the green ends. Place the onion in ice water, which will cause the "leaves" to curl; keep the green-onion brush in water until ready to use.

MAKE-AHEAD TIP

Assemble the wreath on a cookie sheet. Cover loosely with plastic wrap and refrigerate for up to two hours. Bake as directed in the recipe.

MAKE IT SPECIAL

Place the baked wreath on a large decorative platter (found at your favorite party goods store) and surround it with rosemary sprigs.

COOK'S NOTES

INGREDIENT SUBSTITUTION

Use your favorite shredded cheese instead of mozzarella; try Monterey Jack, colby or a Mexican blend.

MAKE-AHEAD TIP

Assemble the trees on a cookie sheet. Cover loosely with plastic wrap and refrigerate for up to two hours. Bake and top them as directed in the recipe.

make-ahead

Pinwheel Pepperoni Trees

PREP TIME: 40 minutes (Ready in 1 hour)

- 2 (8-oz.) cans Pillsbury® Refrigerated Reduced Fat Crescent Dinner Rolls
- 1 teaspoon dried oregano leaves or Italian seasoning
- 2 (2-inch-square) pieces yellow bell pepper
- 1 (8-oz.) can pizza sauce
- ½ cup chopped pepperoni
- 4 oz. (1 cup) finely shredded mozzarella cheese
- ¼ cup chopped Italian plum tomato (about 1 small)
- 2 tablespoons chopped green onions



1. Heat oven to 375°F. Spray large cookie sheet with nonstick cooking spray. Separate dough into 8 rectangles; firmly press perforations to seal. Sprinkle about ⅛ teaspoon oregano over each rectangle. Starting with 1 short side, carefully roll up each rectangle. Cut each roll into 6 crosswise slices, making a total of 48 slices.
2. Form 2 trees on sprayed cookie sheet using 24 slices each. For first tree, place 1 slice for top on 1 side of cookie sheet. Arrange 2 slices below top, sides almost touching. Continue arranging rows of 3 slices, 4 slices, and continuing until last row is 6 slices across. Center 3 slices below tree for trunk.
3. Repeat for second tree, assembling in opposite direction on cookie sheet to fit next to first tree. Bake at 375°F. for 14 to 18 minutes or until light golden brown. Meanwhile, with small cookie cutter or sharp knife, cut two 1 to 1½-inch star shapes from bell pepper. Set aside.
4. Remove partially baked trees from oven. Spread 2 tablespoons of the pizza sauce evenly over each tree to within ½ inch of edges, leaving trunk uncovered. Sprinkle ¼ cup chopped pepperoni evenly over sauce on each tree. Sprinkle each with ½ cup cheese. Place bell pepper stars on tops of trees.



5 Return to oven; bake an additional 3 to 5 minutes or until cheese is melted. Meanwhile, heat remaining ¾ cup pizza sauce in small saucepan until hot.

6 Remove trees from oven. Sprinkle each tree with 2 tablespoons tomato and 1 tablespoon onions. Cool trees on cookie sheet for 2 to 3 minutes. Carefully slide trees onto serving platters, trays or cutting boards. Serve warm with warm pizza sauce for dipping.

24 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/24 OF RECIPE **CALORIES: 95** **CALORIES FROM FAT: 45**

		% DV			% DV		% DV
Total Fat	5g	8%	Total Carbohydrate	9g	3%	Vitamin A	2%
Saturated	2g	10%	Dietary Fiber	2g	8%	Vitamin C	2%
Cholesterol	5mg	2%	Sugars	2g		Calcium	4%
Sodium	270mg	11%	Protein	3g		Iron	0%

EXCHANGES: 1/2 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1/2



easy

make-ahead

Flaky Sausage Foldovers

PREP TIME: 40 minutes

- 6 oz. bulk hot pork sausage
- ¼ teaspoon garlic powder
- 1 (15-oz.) can pizza sauce
- 1 (15-oz.) pkg. Pillsbury® Refrigerated Pie Crusts, softened as directed on package
- 1 egg, beaten

1. Heat oven to 425°F. Brown sausage in small skillet; drain well. Stir in garlic powder. Add ¼ cup of the pizza sauce; mix well.
2. Unfold 1 pie crust. With rolling pin, roll into 13-inch round. With 3-inch round cutter, cut 11 rounds. Repeat with second pie crust.
3. Spoon about 1 teaspoon sausage mixture onto each round. Fold each in half; seal edges with fork. Cut slit in top of each with sharp knife. Place on ungreased large cookie sheet. Brush each foldover with beaten egg.
4. Bake at 425°F. for 9 to 11 minutes or until golden brown. Meanwhile, heat remaining pizza sauce in small saucepan until hot. Serve warm appetizers with warm pizza sauce for dipping.

22 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 115** **CALORIES FROM FAT: 65**

		% DV			% DV		% DV
Total Fat	7g	11%	Total Carbohydrate	11g	4%	Vitamin A	2%
Saturated	3g	15%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	15mg	5%	Sugars	1g		Calcium	0%
Sodium	210mg	9%	Protein	2g		Iron	0%

EXCHANGES: 1 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1

COOK'S NOTES

RECIPE FACT

These foldovers are similar to "empanadas," meat-filled savory pastries popular throughout Latin America. Empanadas can be stuffed with vegetables and fish; sweet empanadas are made with fruit.

MAKE-AHEAD TIP

Assemble the foldovers in advance and arrange them on a cookie sheet; freeze until firm. Transfer the frozen foldovers to a resealable plastic freezer bag and freeze for up to two months. To serve, remove the desired number from the bag and bake as directed, increasing the baking time if necessary, until golden brown.

COOK'S NOTES

INGREDIENT SUBSTITUTIONS

Use whipped cream cheese or Neufchâtel in place of the sour cream. Bring it to room temperature before combining it with the horseradish, garlic salt and pepper.

In place of bell pepper and broccoli, use your favorite fresh vegetables. Try asparagus, chiles, thinly sliced yellow squash or zucchini.

MAKE-AHEAD TIP

Prepare the pizza up to one day in advance; cover and refrigerate it. Cut into squares just before serving.

make-ahead

Fresh Vegetable Pizza

PREP TIME: 45 minutes (Ready in 1 hour 35 minutes)

- 2 (8-oz.) cans Pillsbury® Refrigerated Reduced Fat Crescent Dinner Rolls
- 1 (8-oz.) container light sour cream
- 1 to 2 tablespoons prepared horseradish
- ¼ teaspoon garlic salt
- ⅛ teaspoon pepper
- 2 cups fresh mushrooms, chopped
- 1 cup chopped seeded tomatoes
- 1 cup finely chopped broccoli florets
- ½ cup chopped green bell pepper
- ¼ cup chopped green onions

1. Heat oven to 375°F. Spray 15x10x1-inch baking pan with nonstick cooking spray. Separate dough into 4 long rectangles. Place rectangles crosswise in sprayed pan; press over bottom and 1 inch up sides to form crust. Seal perforations.
2. Bake at 375°F. for 14 to 19 minutes or until golden brown. Cool 30 minutes or until completely cooled.
3. In small bowl, combine sour cream, horseradish, garlic salt and pepper; mix until smooth. Spread evenly over cooled crust. Sprinkle with all remaining ingredients. Cut into small squares to serve. Store in refrigerator.

48 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 40** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	5g	2%	Vitamin A	2%
Saturated	1g	5%	Dietary Fiber	1g	4%	Vitamin C	2%
Cholesterol	2mg	1%	Sugars	2g		Calcium	0%
Sodium	90mg	4%	Protein	1g		Iron	0%

EXCHANGES: 1/2 Fat
CARBOHYDRATE CHOICES: 0

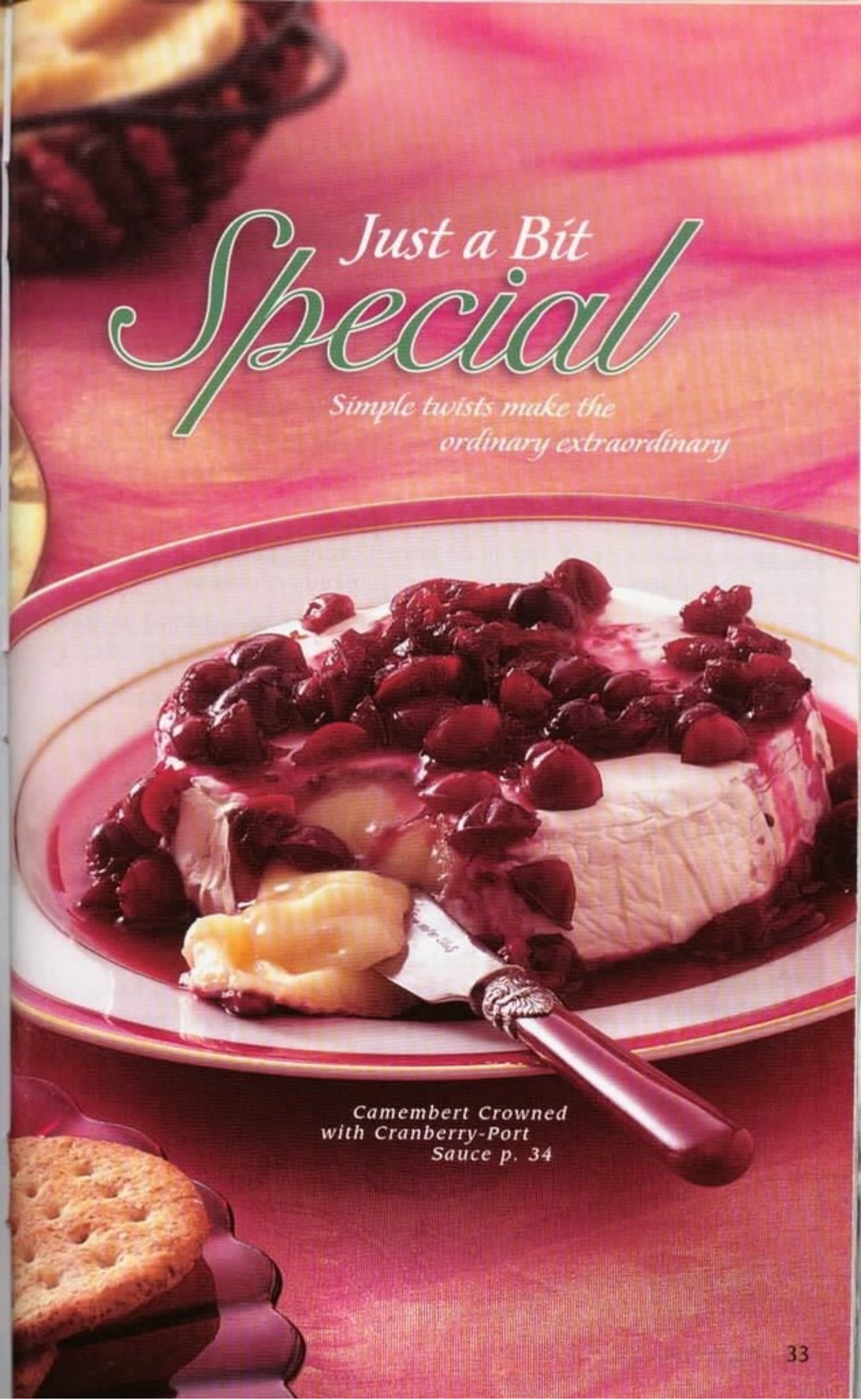




Pita Triangles with Olive Relish p. 35

Just a Bit Special

Simple twists make the ordinary extraordinary



Camembert Crowned with Cranberry-Port Sauce p. 34



Camembert Crowned with Cranberry-Port Sauce

PREP TIME: 20 minutes (Ready in 1 hour 40 minutes)

- 2 tablespoons water
- ½ teaspoon unflavored gelatin
- ½ cup chopped fresh or frozen cranberries
- ¼ cup sugar
- ¼ cup port wine
- 1 cinnamon stick
- 1 teaspoon grated orange peel
- 1 (8-oz.) round Camembert cheese

1. In glass measuring cup, combine water and gelatin; let stand 5 minutes.
2. In small saucepan, combine cranberries, sugar, wine, gelatin mixture and cinnamon stick. Bring to a boil. Reduce heat to low; simmer 2 to 3 minutes or until cranberries are tender. Remove from heat. Stir in orange peel. Cool 10 minutes.
3. Remove cinnamon stick; pour into small serving bowl. Cover; refrigerate at least 1 hour or overnight.
4. To serve, heat oven to 350°F. Place cheese on ungreased cookie sheet. Bake at 350°F. for 15 to 20 minutes or until thoroughly heated but not melted. Place cheese on serving plate. Spoon cranberry mixture around and on top of warm cheese. Serve with crisp crackers.

12 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/12 OF RECIPE **CALORIES: 80** **CALORIES FROM FAT: 45**

		% DV			% DV		% DV
Total Fat	5g	8%	Total Carbohydrate	5g	2%	Vitamin A	4%
Saturated	3g	15%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	15mg	5%	Sugars	5g		Calcium	6%
Sodium	160mg	7%	Protein	4g		Iron	0%

EXCHANGES: 1/2 High-Fat Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT INFO

Port, an excellent apéritif, is sweet fortified wine from Oporto, Portugal. All port ages in wood.

Camembert is soft creamy cheese encased in an edible white rind. Camembert oozes quickly when it's heated.

INGREDIENT SUBSTITUTION

Cranberry-apple flavored drink can be used in place of port. Or try another fruity, full-bodied red wine, such as Zinfandel or Petite Sirah.

SERVING SUGGESTION

This Camembert needs a hearty match; serve it with petite toasts, lavosh, toasted baguette slices, or wheat crackers.



Pita Triangles with Olive Relish

PREP TIME: 30 minutes (Ready in 1 hour 30 minutes)

Relish

- 2 cups mixed olives, pitted, finely chopped
- ¼ cup chopped green onions
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- ¼ teaspoon freshly ground black pepper
- 2 garlic cloves, minced

Pita Triangles

- 2 (6 to 8-inch) pita (pocket) breads
- 2 tablespoons olive oil

1. In medium bowl, combine all relish ingredients; mix well. Let stand at room temperature for about 1 hour or refrigerate up to 4 hours to blend flavors.
2. Heat oven to 350°F. Line 2 cookie sheets with foil. Cut each pita bread into 6 wedges. Split each wedge to make a total of 24 wedges; place on foil-lined cookie sheets. Brush wedges with 2 tablespoons oil.
3. Bake at 350°F. for 5 to 8 minutes or until crisp. Cool 10 minutes. Serve pita triangles with relish.

24 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/24 OF RECIPE **CALORIES: 50** **CALORIES FROM FAT: 35**

		% DV			% DV		% DV
Total Fat	4g	6%	Total Carbohydrate	3g	1%	Vitamin A	0%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	0mg	0%	Sugars	0g		Calcium	0%
Sodium	230mg	10%	Protein	1g		Iron	2%

EXCHANGES: 1 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT SUBSTITUTION

Instead of preparing pita chips, serve this relish with purchased bagel chips or baguette slices.

KITCHEN TIP

These triangles will not brown. Determine their doneness by following the baking time and by checking for crispness.

MAKE IT SPECIAL

For extra flavor and color, sprinkle the oil-brushed pita wedges with crushed dried oregano, paprika, and garlic and chili powders.

SERVING SUGGESTION

Serve this salty-spicy recipe with a full-bodied red wine, sharp ripe cheese and bowls of pistachios and dates.

Chicken Saté with Spicy Peanut Sauce

PREP TIME: 30 minutes (Ready in 50 minutes)

24 (6-inch) bamboo or wooden skewers

Sauce

½ cup chicken broth
⅓ cup reduced-fat creamy peanut butter
2 tablespoons purchased teriyaki marinade and sauce
1 tablespoon fresh lime juice
1 teaspoon grated gingerroot
¼ teaspoon ground red pepper (cayenne)

Saté

1¼ lb. boneless skinless chicken breast halves
2 medium green bell peppers, cut into 1-inch squares
2 medium red bell peppers, cut into 1-inch squares

1 Soak bamboo skewers in water for 30 minutes. Line 15x10x1-inch baking pan with foil.

2 Meanwhile, heat oven to 425°F. In small saucepan, combine all sauce ingredients; mix well. Cook about 5 minutes or until blended, stirring frequently. Cut chicken diagonally into strips, about 3 inches long and ¾ inch wide.

3 On each bamboo skewer, thread 1 green pepper square, 1 red pepper square and 1 or 2 strips of chicken. Brush chicken mixture with ¼ cup sauce. Place in foil-lined pan.

4 Bake at 425°F. for 15 to 20 minutes or until chicken is no longer pink in center. Meanwhile, bring remaining sauce to a boil over medium heat, stirring constantly. Boil 1 minute. Serve chicken saté with warm sauce.

24 servings

Note: Sauce can be cooked in microwave on HIGH for 1 to 1½ minutes or until blended.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

COOK'S NOTES

RECIPE FACT

Saté is an Indonesian dish: thin strips of meat, such as chicken, are threaded onto small skewers and grilled. Saté is served with spicy peanut sauce.

INGREDIENT SUBSTITUTION

Short on time? Look for spicy peanut sauce in the grocery store's Asian foods section.

KITCHEN TIPS

To avoid burning wooden skewers, soak them, thoroughly covered with water, in a shallow dish, for at least 30 minutes.

If the sauce starts to get too thick while you are keeping it warm, stir in additional chicken broth.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/24 OF RECIPE **CALORIES:** 55 **CALORIES FROM FAT:** 20

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	3g	1%	Vitamin A	12%
Saturated	0g	0%	Dietary Fiber	0g	0%	Vitamin C	22%
Cholesterol	15mg	5%	Sugars	2g		Calcium	0%
Sodium	110mg	5%	Protein	6g		Iron	2%

EXCHANGES: 1 Very Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 0



easy

Parmesan Rounds with Lox

PREP TIME: 25 minutes

- 4 oz. (1 cup) shredded fresh Parmesan or Asiago cheese
- ¼ teaspoon coarsely ground black pepper
- 3 oz. lox (cold-smoked salmon)
- 2 tablespoons crème fraîche or sour cream
- Fresh dill sprigs

1. Heat oven to 400°F. For each round, spoon 2 teaspoons cheese onto ungreased cookie sheet; pat into 2-inch round. Place rounds 2 inches apart. Sprinkle each with pepper.
2. Bake at 400°F. for 6 to 8 minutes or until edges are light golden brown. (Do not overbake.) Immediately remove from cookie sheet; place on wire racks. Cool 5 minutes or until completely cooled.
3. To serve, top each round with lox, about ¼ teaspoon crème fraîche and dill sprig. Serve immediately, or cover and refrigerate until serving time.

16 appetizers

Note: Cheese rounds can be stored in a tightly covered container for up to 4 hours before serving.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 35** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	0g	0%	Vitamin A	0%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	5mg	2%	Sugars	0g		Calcium	8%
Sodium	160mg	7%	Protein	4g		Iron	0%

EXCHANGES: 1/2 Lean Meat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT INFO

Lox is salmon that is brine-cured, then cold-smoked.

Crème fraîche is mature French cream. Crème fraîche is convenient and versatile; it can be boiled without curdling, which makes it easy to use in cooked recipes. Also, crème fraîche tastes simply wonderful spooned over fruit or warm chocolate cake.

Polenta Rounds with Caramelized Vegetables

PREP TIME: 25 minutes (Ready in 40 minutes)

- 2 (16-oz.) pkg. polenta, cut into 32 round slices
- 2 tablespoons purchased Italian salad dressing
- 2 teaspoons butter
- ⅓ cup chopped onion
- ⅓ cup diced green bell pepper
- ⅓ cup diced red bell pepper
- 1 tablespoon brown sugar
- 2 teaspoons finely chopped fresh oregano
- ¼ teaspoon salt
- 4 oz. (1 cup) finely shredded white Cheddar cheese

1. Heat oven to 400°F. Line cookie sheet with parchment paper. Place polenta rounds on parchment-lined cookie sheet. Brush each with salad dressing. Set aside.
2. Melt butter in small skillet over medium-high heat. Add onion, bell peppers, brown sugar, oregano and salt. Cook about 5 minutes or until vegetables are tender, stirring occasionally. Top each polenta round with rounded ½ teaspoon vegetable mixture.
3. Bake at 400°F. for 10 to 15 minutes or until thoroughly heated. Immediately sprinkle each with Cheddar cheese. Remove from cookie sheet. Serve warm.

32 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER			CALORIES: 40		CALORIES FROM FAT: 20		
		% DV		% DV			% DV
Total Fat	2g	3%	Total Carbohydrate	4g	1%	Vitamin A	2%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	5mg	2%	Sugars	1g		Calcium	2%
Sodium	90mg	4%	Protein	1g		Iron	0%

EXCHANGES: 1/2 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT INFO

Polenta is cornmeal mush from northern Italy. Served immediately after cooking, polenta makes a homey side dish, often with Parmesan or Gorgonzola cheese stirred in.

Look for tubes of polenta in the grocery store refrigerator case or near the Italian foods.

SERVING SUGGESTION

These polenta rounds are not finger food. Have small plates and forks ready.





easy

make-ahead

Elegant Cheese Grape Cluster

PREP TIME: 1 hour 5 minutes (Ready in 2 hours 5 minutes)

- 1½ cups (8 oz.) slivered almonds
- 1 (8-oz.) pkg. cream cheese, softened
- 2 oz. Gorgonzola cheese or other blue cheese, crumbled (½ cup)
- 3 tablespoons chopped fresh chives or parsley
- 48 small red seedless grapes (about 9 oz.)

1. Heat oven to 350°F. Place almonds in single layer in shallow baking pan with sides. Bake at 350°F. for 8 to 12 minutes or until golden brown, stirring once. Remove from pan; cool about 5 minutes. Finely chop almonds.
2. In medium bowl, combine cream cheese, Gorgonzola cheese and chives; mix well. Wrap about 1 teaspoon cheese mixture around each grape to cover; roll in chopped almonds. Place in single layer in 13x9-inch pan. Cover; refrigerate at least 1 hour or up to 8 hours before serving.
3. To serve, if desired, arrange on serving platter in shape of grape cluster; garnish with parsley or grape leaves.

48 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 50** **CALORIES FROM FAT: 35**

		% DV			% DV		% DV
Total Fat	4g	6%	Total Carbohydrate	2g	1%	Vitamin A	2%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	5mg	2%	Sugars	1g		Calcium	2%
Sodium	30mg	1%	Protein	2g		Iron	2%

EXCHANGES: 1 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT INFO

Gorgonzola is an Italian cow's milk cheese veined with green-blue streaks. It's creamy, salty and pungent. Purchase only the amount you'll eat in a few days and enjoy it in this recipe or with pears, apples and red wine; Gorgonzola cheese can quickly become very strong.

INGREDIENT SUBSTITUTION

Use toasted pecans in place of the almonds.

KITCHEN TIPS

Red grapes work best in this recipe because they are small, round and crisp.

Almonds adhere best to cheese that is not too cold; plan on rolling the cheese-covered grapes all at once, not in stages.

MAKE-AHEAD TIP

Prepare this recipe up to eight hours before serving; cover and refrigerate until ready to serve.

COOK'S NOTES

MAKE-AHEAD TIPS

Prepare this recipe up to one day in advance; cover and refrigerate. To keep the cheesecake safe from bumps, do not remove it from the pan until serving time.

For long storage, remove the cheesecake from the pan and tightly seal it in two layers of plastic wrap. Freeze it for up to one month. Thaw the wrapped frozen cheesecake in the refrigerator for four hours before serving.

MAKE IT SPECIAL

Garnish with pickled whole sweet cherry peppers.

make-ahead

Cajun Crab Cheesecake

PREP TIME: 20 minutes (Ready in 5 hours 50 minutes)

Crust

- 1¾ cups Progresso® Plain Bread Crumbs
- 2 teaspoons dried salt-free Cajun seasoning
- ½ cup butter, melted

Filling

- 2 (8-oz.) pkg. cream cheese, softened
- 2 oz. (½ cup) shredded fresh Parmesan cheese
- 1 tablespoon dried salt-free Cajun seasoning
- 2 teaspoons prepared horseradish
- ¼ cup dry sherry
- 2 eggs
- 2 (6-oz.) cans crabmeat, well drained
- ¼ to ½ teaspoon hot pepper sauce
- 1 tablespoon diced red bell pepper

1. Heat oven to 325°F. In medium bowl, combine all crust ingredients; mix well. Press in bottom and 1 inch up sides of ungreased 9-inch springform pan.
2. In large bowl, combine cream cheese, Parmesan cheese, 1 tablespoon Cajun seasoning and horseradish; beat with electric mixer at medium speed until smooth. Add sherry; beat well. Beat mixture at high speed for 2 minutes. Add eggs, 1 at a time, beating well after each addition. Stir in crabmeat and hot pepper sauce just until combined. Pour into crust-lined pan.
3. Bake at 325°F. for 50 to 60 minutes or until filling is set. Cool in pan on wire rack for 30 minutes. Cover; refrigerate at least 4 hours and up to 24 hours before serving.
4. Just before serving, remove sides of pan; place cheesecake on serving platter. Garnish with bell pepper. Serve immediately, or let stand at room temperature for about 30 minutes before serving. If desired, serve with assorted crackers.

16 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE **CALORIES:** 240 **CALORIES FROM FAT:** 160

		% DV			% DV		% DV
Total Fat	18g	28%	Total Carbohydrate	18g	6%	Vitamin A	18%
Saturated	11g	55%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	95mg	32%	Sugars	2g		Calcium	12%
Sodium	360mg	15%	Protein	10g		Iron	8%

EXCHANGES: 1/2 Starch, 1 Lean Meat, 3 Fat
CARBOHYDRATE CHOICES: 1/2

easy

COOK'S NOTES

make-ahead

Feta Cheese Package

PREP TIME: 25 minutes (Ready in 5 hours 40 minutes)

1 medium garlic bulb
1 tablespoon olive oil
8 oz. feta cheese, crumbled (2 cups)
1 (8-oz.) pkg. cream cheese, softened
2 tablespoons finely chopped roasted red bell pepper (from a jar)
2 whole roasted red bell peppers (from a jar)

1. Heat oven to 350°F. Cut about ⅛-inch top off of garlic bulb and discard. Place garlic bulb on sheet of foil. Drizzle with oil; wrap in foil. Bake at 350°F. for 30 to 45 minutes or until garlic is soft. Cool 5 minutes. Unwrap; cool 30 minutes or until cool enough to handle.
2. With small spoon, scoop out soft garlic pulp into food processor bowl with metal blade. Discard skins. Add feta and cream cheese; process about 5 minutes or until light and fluffy. Gently stir in chopped roasted pepper.
3. On sheet of plastic wrap, shape cheese mixture into 4-inch square, 1½ inches thick. Wrap in plastic wrap; refrigerate at least 4 hours or overnight.
4. To serve, unwrap cheese; place on serving plate. Smooth top and sides with small metal spatula. Cut eight 4-inch strips from whole roasted peppers. Wrap cheese square from center down sides with 4 strips of roasted pepper to resemble ribbon. Use 2 strips for loops of bow; use remaining 2 strips for ties that hang over edge of cheese package. Serve with assorted crackers or toasted baguette slices.

24 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

INGREDIENT INFO

Don't be afraid of using the entire bulb of garlic; once it's roasted, garlic tastes so sweet and creamy, it's ready to simply spread on bread and eat.

MAKE-AHEAD TIP

Prepare and shape cheese mixture one day in advance; wrap in plastic wrap and refrigerate. Add bell pepper ribbon before serving.

MAKE IT SPECIAL

Instead of shaping the cheese into the shape of a package, use it to fill a holiday container. Arrange a red pepper "bow" on top, and cover and refrigerate it until serving time.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/24 OF RECIPE **CALORIES: 70** **CALORIES FROM FAT: 55**

		% DV			% DV		% DV
Total Fat	6g	9%	Total Carbohydrate	2g	1%	Vitamin A	14%
Saturated	4g	18%	Dietary Fiber	0g	1%	Vitamin C	30%
Cholesterol	20mg	6%	Sugars	1g		Calcium	6%
Sodium	135mg	6%	Protein	2g		Iron	0%

EXCHANGES: 1-1/2 Fat
CARBOHYDRATE CHOICES: 0



easy

Raspberry-Brie Tarts

PREP TIME: 30 minutes

- 2 (2.1-oz.) pkg. frozen mini fillo pastry shells (30 shells)
- 1 (8-oz.) round Brie cheese
- 3 tablespoons raspberry spreadable fruit

1. Heat oven to 350°F. Place pastry shells on ungreased large cookie sheet. Cut cheese into ½-inch cubes. Place 3 cheese cubes into each fillo shell. Bake at 350°F. for 10 to 12 minutes or until cheese is melted and bubbly.
2. Remove partially baked shells from oven. Spoon ¼ teaspoon spreadable fruit over cheese in each shell.
3. Return to oven; bake an additional 2 to 3 minutes or until spreadable fruit is melted. Serve warm.

30 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 40** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	4g	1%	Vitamin A	0%
Saturated	1g	5%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	10mg	3%	Sugars	1g		Calcium	0%
Sodium	60mg	3%	Protein	2g		Iron	0%

EXCHANGES: 1/2 Fat
CARBOHYDRATE CHOICES: 0

COOK'S NOTES

INGREDIENT SUBSTITUTION

Instead of raspberry, use your favorite fruit spread; try strawberry or apricot.

KITCHEN TIPS

There is no need to thaw the frozen fillo shells; simply arrange them on a cookie sheet, fill and bake.

The Brie is baked in the fillo shells first, without the fruit spread, because the cheese bubbles up as it melts. The fruit spread is spooned over the melted Brie so the fruit will stay inside the shells when they are heated a second time.

MAKE IT SPECIAL

For a surprising bit of flavor and texture, place a walnut half underneath Brie cheese. Just before serving, garnish the tarts with tiny mint leaves.



easy

COOK'S NOTES

MAKE-AHEAD TIP

Prepare and bake riblets as directed in recipe. Place in covered container; refrigerate up to 24 hours. To reheat, place in foil-lined 15x10x1-inch baking pan. Heat at 350°F. for 20 minutes or until thoroughly heated.

make-ahead

Cranberry-Barbecue Riblets

PREP TIME: 15 minutes (Ready in 1 hour 25 minutes)

- 1 (2-lb.) rack pork back ribs, cut in half lengthwise across bones
- 1 cup barbecue sauce
- ½ cup frozen cranberry-orange fruit for chicken (from 12-oz. container), thawed
- ¼ cup chopped fresh chives
- ¼ teaspoon dry mustard
- ¼ teaspoon dried marjoram leaves

1. Heat oven to 375°F. Line 15x10x1-inch baking pan with foil. Spray foil with nonstick cooking spray. Cut ribs into individual riblets. Place riblets, meaty side down, in sprayed foil-lined pan; cover with foil. Bake at 375°F. for 30 minutes.
2. Meanwhile, in small bowl, combine all remaining ingredients; mix well.
3. Remove riblets from oven. Uncover; drain off liquid in pan. Turn riblets meaty side up; spoon sauce mixture over riblets.
4. Return to oven; bake uncovered an additional 30 to 40 minutes or until riblets are tender and no longer pink next to bone, turning once or twice.

12 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/12 OF RECIPE **CALORIES: 195** **CALORIES FROM FAT: 100**

		% DV			% DV		% DV
Total Fat	11g	17%	Total Carbohydrate	13g	4%	Vitamin A	2%
Saturated	4g	20%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	45mg	15%	Sugars	11g		Calcium	2%
Sodium	250 mg	10%	Protein	11g		Iron	4%

EXCHANGES: 1 Other Carbohydrate, 1-1/2 High-Fat Meat
CARBOHYDRATE CHOICES: 1



low-fat

Lettuce Wraps

PREP TIME: 30 minutes (Ready in 1 hour)

Sauce

- ½ cup apricot preserves
- ⅓ cup fresh lime juice
- 2 tablespoons lite soy sauce
- 2 garlic cloves, minced
- 1 teaspoon cornstarch

Wraps

- 1 tablespoon dark sesame oil or vegetable oil
- 2 boneless skinless chicken breast halves, finely chopped
- ½ cup chopped seeded cucumber
- ½ cup grated carrot
- 2 tablespoons chopped peanuts
- 1 teaspoon grated gingerroot
- 1 teaspoon chopped garlic
- 16 leaves (about 2 heads) butterhead (Bibb or Boston) lettuce

1. In small bowl, combine preserves, lime juice, soy sauce and garlic; mix well. Spoon ¼ cup sauce into 1-cup measuring cup. Stir in cornstarch until smooth; set aside. Refrigerate remaining sauce in bowl until serving time.
2. Heat oil in medium skillet over medium-high heat until hot. Add chicken; cook 5 to 7 minutes or until browned, stirring frequently. Stir in cucumber, carrot, peanuts, gingerroot and garlic. Stir in reserved sauce with cornstarch. Cook 2 to 3 minutes or until bubbly and thickened, stirring constantly. Spoon mixture into shallow dish. Cover; refrigerate 30 minutes or until cooled.
3. Spoon 2 tablespoons chicken mixture onto center of each lettuce leaf. Fold sides of lettuce in toward center; roll up like burrito. Secure with toothpicks. Place seam side down on serving platter. Serve immediately, or cover and refrigerate until serving time. Serve wraps with sauce.

16 servings

COOK'S NOTES

INGREDIENT INFO

Butterhead lettuce is a small, loose, round head of bowl-shaped light green leaves that are tender and sweet. The natural cupped shape of butterhead lettuce leaves makes it perfect for wraps.

MAKE IT SPECIAL

Serve the dipping sauce in small, geometric bowls in bright holiday colors; check home stores for these bowls.

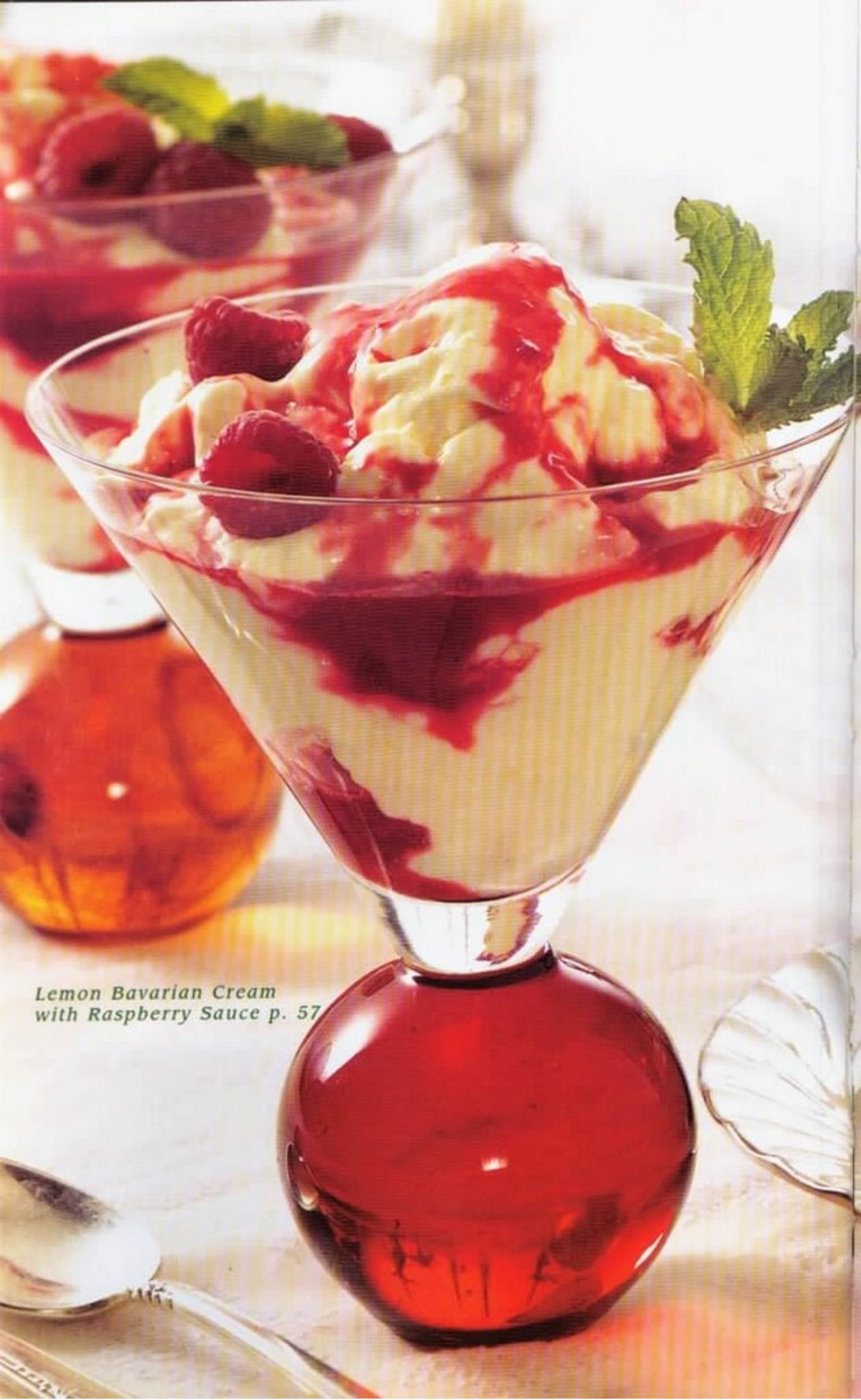


NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE **CALORIES: 70** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	9g	3%	Vitamin A	14%
Saturated	0g	0%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	10mg	3%	Sugars	5g		Calcium	0%
Sodium	90mg	4%	Protein	4g		Iron	2%

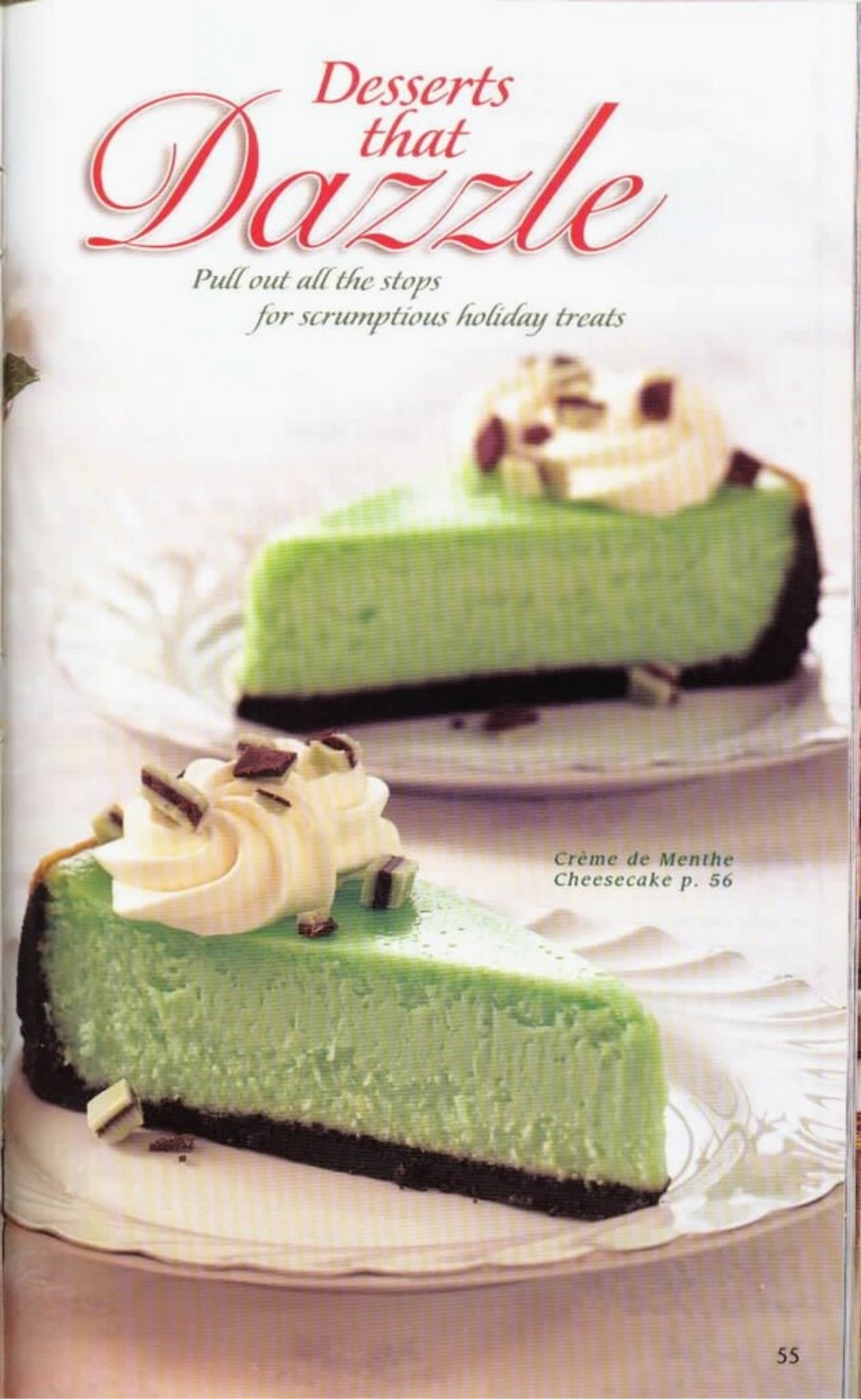
EXCHANGES: 1/2 Other Carbohydrate, 1/2 Very Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 1/2



Lemon Bavarian Cream with Raspberry Sauce p. 57

Desserts that Dazzle

Pull out all the stops for scrumptious holiday treats



Crème de Menthe Cheesecake p. 56



make-ahead

Crème de Menthe Cheesecake

PREP TIME: 20 minutes (Ready in 6 hours)

Crust

- 1¾ cups chocolate cookie crumbs (from 9-oz. pkg.)
- ¼ cup butter, melted

Filling

- 3 (8-oz.) pkg. cream cheese, softened
- ¾ cup sugar
- 3 eggs
- ¾ cup whipping cream
- ¼ cup green crème de menthe

Garnish

- ½ cup whipping cream
- 1 tablespoon powdered sugar
- 8 thin chocolate and green mints, coarsely chopped

1. Heat oven to 300°F. In medium bowl, combine crust ingredients; mix well. Press in bottom and up sides of ungreased 9-inch springform pan.
2. Beat cream cheese in large bowl with electric mixer at medium speed until fluffy. Gradually add sugar, beating until smooth. Add eggs, 1 at a time, beating well after each addition. Stir in ¾ cup whipping cream and crème de menthe until well blended. Pour into crust-lined pan.
3. Bake at 300°F. for 60 to 70 minutes or until edges are set but center still jiggles slightly when gently shaken. Turn oven off; open oven door at least 4 inches. Let cheesecake sit in oven for 30 minutes or until center is set.
4. Remove cheesecake from oven. Cool in pan on wire rack for 1 hour or until completely cooled. Cover; refrigerate at least 3 hours before serving.
5. Just before serving, carefully run knife around sides of pan to loosen; remove sides of pan. In small bowl, beat ½ cup whipping cream and powdered sugar until stiff peaks form. Pipe or spoon whipped cream around edge of cheesecake. Garnish with chopped mints. Store in refrigerator.

16 servings

COOK'S NOTES

INGREDIENT SUBSTITUTION

For chocolate curl garnish, use a vegetable peeler to shave the smooth underside of a large chocolate bar.

KITCHEN TIP

The doneness of a cheesecake is difficult to determine. A cheesecake is completely cooked when a 3-inch circle in the center is still wobbly and shaky. Overcooked cheesecakes may crack on the surface.

MAKE-AHEAD TIP

Prepare the cheesecake up to two days in advance; wrap it tightly in the springform pan and keep refrigerated. Add the whipping cream and garnish just before serving.

HIGH ALTITUDE (ABOVE 3500 FEET): To help prevent cracking, place pan filled with 1 to 1½ inches water on oven rack below cheesecake during baking.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE			CALORIES: 360			CALORIES FROM FAT: 245		
		% DV			% DV			% DV
Total Fat	27g	42%	Total Carbohydrate	23g	8%	Vitamin A		20%
Saturated	16g	80%	Dietary Fiber	0g	0%	Vitamin C		0%
Cholesterol	115mg	38%	Sugars	17g		Calcium		6%
Sodium	240mg	10%	Protein	6g		Iron		6%

EXCHANGES: 1-1/2 Starch, 5-1/2 Fat
CARBOHYDRATE CHOICES: 1-1/2

make-ahead

Lemon Bavarian Cream with Raspberry Sauce

PREP TIME: 20 minutes (Ready in 1 hour 20 minutes)

- 1 (3-oz.) pkg. lemon flavor gelatin
- ¾ cup boiling water
- 2 cups ice cubes
- 2 teaspoons grated lemon peel
- 2 tablespoons lemon juice
- 2 cups frozen light whipped topping, thawed
- 1 (10-oz.) pkg. frozen raspberries in syrup, thawed
- 1 tablespoon powdered sugar

1 In medium bowl, dissolve gelatin in boiling water. Add ice cubes; stir about 2 minutes or until gelatin begins to thicken. With slotted spoon, remove any unmelted ice. Stir in lemon peel and lemon juice. With wire whisk or electric mixer at low speed, thoroughly blend whipped topping into gelatin. Refrigerate about 1 hour or until set.

2 Meanwhile, in blender container or food processor bowl with metal blade, combine raspberries and powdered sugar. Cover; blend until smooth. Press raspberry mixture through strainer into bowl to remove seeds; discard seeds.

3 To serve, spoon about ½ cup lemon mixture into each of 6 dessert dishes. Top each with 2 to 3 tablespoons sauce. If desired, garnish with fresh raspberries and mint leaves.

6 servings

continued on p. 58

COOK'S NOTES

RECIPE FACT

Traditional Bavarian cream is chilled custard enriched with whipped cream and thickened with gelatin.

INGREDIENT INFO

Flavored gelatin and frozen whipped topping are ingredients that provide a convenient shortcut to Bavarian cream.

INGREDIENT SUBSTITUTION

If your family prefers, prepare the sauce with strawberries instead of raspberries.

MAKE-AHEAD TIP

Prepare the sauce up to one day in advance; cover and refrigerate until serving time.



Lemon Bavarian Cream with Raspberry Sauce — continued from p. 57

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/6 OF RECIPE			CALORIES: 165			CALORIES FROM FAT: 25	
		% DV			% DV		% DV
Total Fat	3g	5%	Total Carbohydrate	32g	11%	Vitamin A	2%
Saturated	3g	15%	Dietary Fiber	2g	8%	Vitamin C	8%
Cholesterol	0mg	0%	Sugars	28g		Calcium	2%
Sodium	55mg	2%	Protein	2g		Iron	2%

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 1/2 Fat
CARBOHYDRATE CHOICES: 2

Saucy Center Chocolate Cakes

PREP TIME: 40 minutes

- ½ cup butter
- 8 oz. semisweet chocolate, chopped
- 4 eggs
- 2 tablespoons hazelnut coffee drink syrup
- ½ cup sugar
- 2 tablespoons Gold Medal® All-Purpose Flour
- Powdered sugar

1. Heat oven to 400°F. Generously grease and lightly flour seven 6-oz. custard cups. In medium saucepan, melt butter and chocolate over low heat, stirring until smooth. Set aside.
2. In medium bowl, combine eggs and syrup; beat with electric mixer at high speed until foamy. Gradually beat in sugar; continue beating at high speed for 2 minutes until light and thickened. Add flour and chocolate mixture; beat at low speed just until blended. Fill each greased and floured custard cup about ¾ full. Place cups on cookie sheet.
3. Bake at 400°F. for 11 to 15 minutes or until cakes have formed top crust, but are still soft in center. Cool 5 minutes. Invert cakes onto individual dessert plates. Sift powdered sugar over cakes. Serve warm.

7 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/7 OF RECIPE			CALORIES: 415			CALORIES FROM FAT: 235	
		% DV			% DV		% DV
Total Fat	26g	40%	Total Carbohydrate	40g	13%	Vitamin A	12%
Saturated	15g	75%	Dietary Fiber	1g	4%	Vitamin C	0%
Cholesterol	155mg	52%	Sugars	35g		Calcium	2%
Sodium	130mg	5%	Protein	5g		Iron	8%

EXCHANGES: 1-1/2 Starch, 1 Other Carbohydrate, 5 Fat
CARBOHYDRATE CHOICES: 2-1/2

COOK'S NOTES

INGREDIENT INFO

Coffee drink syrups are versatile flavorings for desserts and drinks. They are perfect for smoothies and malts, and they make nice ice cream toppings.

MICROWAVE OPTION

If the cakes cool after being removed from the custard cups, reheat each one in the microwave for 15 to 20 seconds, or until warm.

MAKE IT SPECIAL

Spoon whipped cream next to each cake and garnish with fresh strawberries or raspberries.





make-ahead

Candy Cane Peppermint Brownie

PREP TIME: 30 minutes (Ready in 6 hours)

- 1 (1 lb. 3.8-oz.) pkg. fudge brownie mix
- ½ cup oil
- ¼ cup water
- 3 eggs
- 3 cups peppermint bon bon ice cream, softened
- 3 cups frozen extra-creamy whipped topping, thawed
- ½ cup crushed candy canes (about 7 large) or peppermint candies

1. Heat oven to 350°F. Line 13x9-inch pan with foil. Prepare brownie mix as directed on package, using oil, water and eggs. Pour into foil-lined pan. Bake at 350°F. for 28 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool 1 hour or until completely cooled.
2. Lift brownie from pan with foil. With pattern, cut out 11½x8-inch candy cane shape. Place on serving platter. Cut remaining brownie into bars; reserve for another use.
3. Mound ice cream onto candy cane-shaped brownie; spread evenly. Top with whipped topping, spreading evenly over top and sides. Sprinkle crushed candy diagonally on whipped topping to resemble candy cane. Cover loosely with foil; freeze at least 4 hours or overnight before serving.

10 servings

HIGH ALTITUDE (ABOVE 3500 FEET): Prepare brownie mix using High Altitude package directions. Continue as directed above.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/10 OF RECIPE			CALORIES: 345			CALORIES FROM FAT: 155		
		% DV			% DV			% DV
Total Fat	17g	26%	Total Carbohydrate	44g	15%	Vitamin A		4%
Saturated	5g	25%	Dietary Fiber	0g	0%	Vitamin C		0%
Cholesterol	50mg	17%	Sugars	33g		Calcium		8%
Sodium	150mg	6%	Protein	4g		Iron		6%

EXCHANGES: 1 Starch, 3 Fat
CARBOHYDRATE CHOICES: 2

COOK'S NOTES

KITCHEN TIP

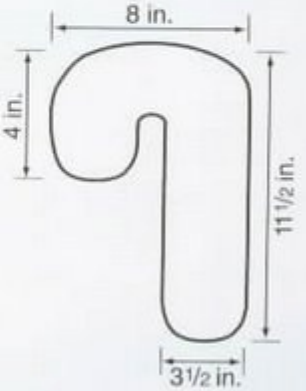
Prepare ice cream parfaits with any remaining brownies. Cut them into tiny squares and layer them in tall glasses with additional ice cream, whipped topping and crushed candy canes. For particularly pretty parfaits, layer the ingredients twice.

MAKE-AHEAD TIP

Prepare this recipe one day in advance, cover loosely with foil and freeze.

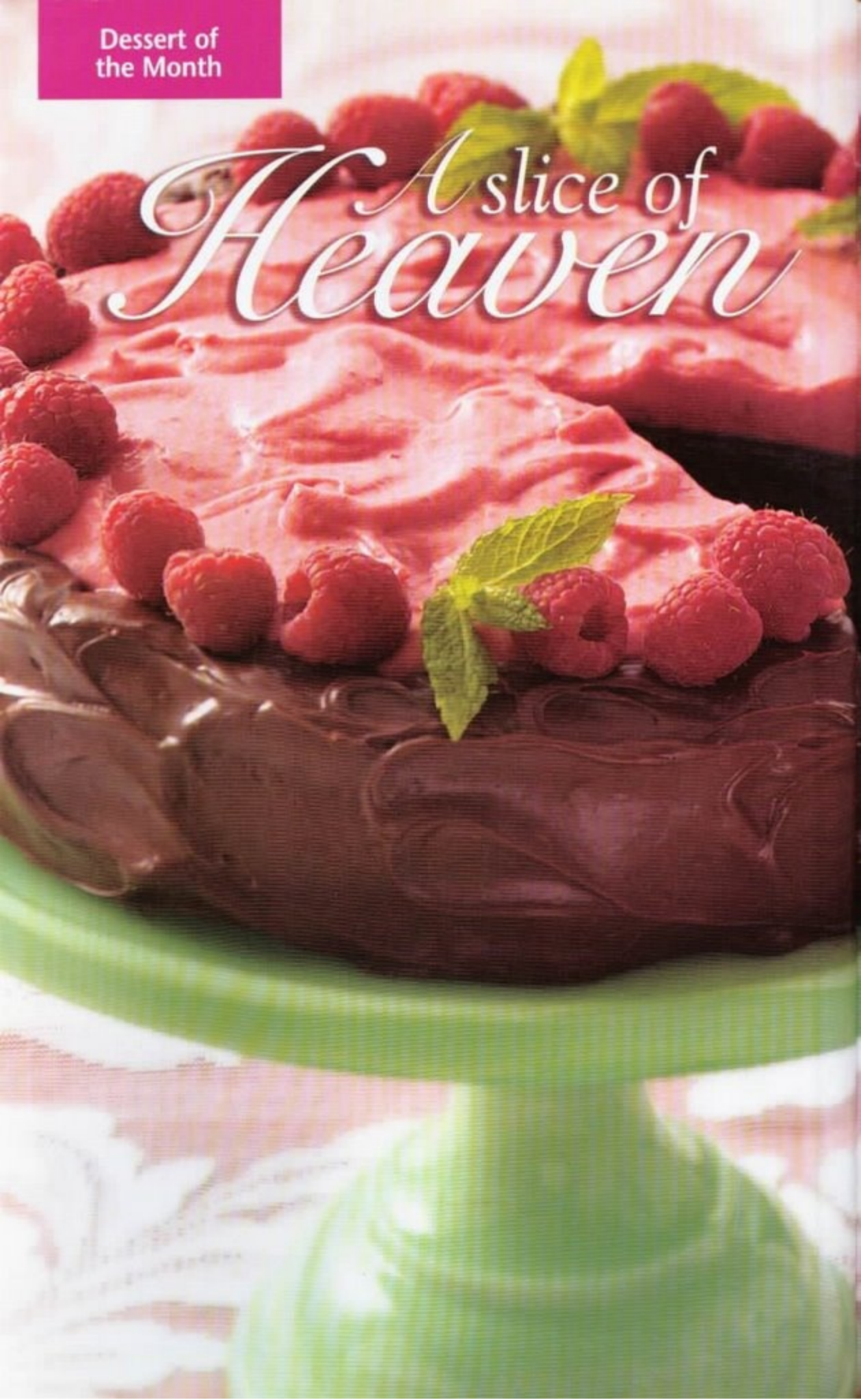
JUST FOR KIDS

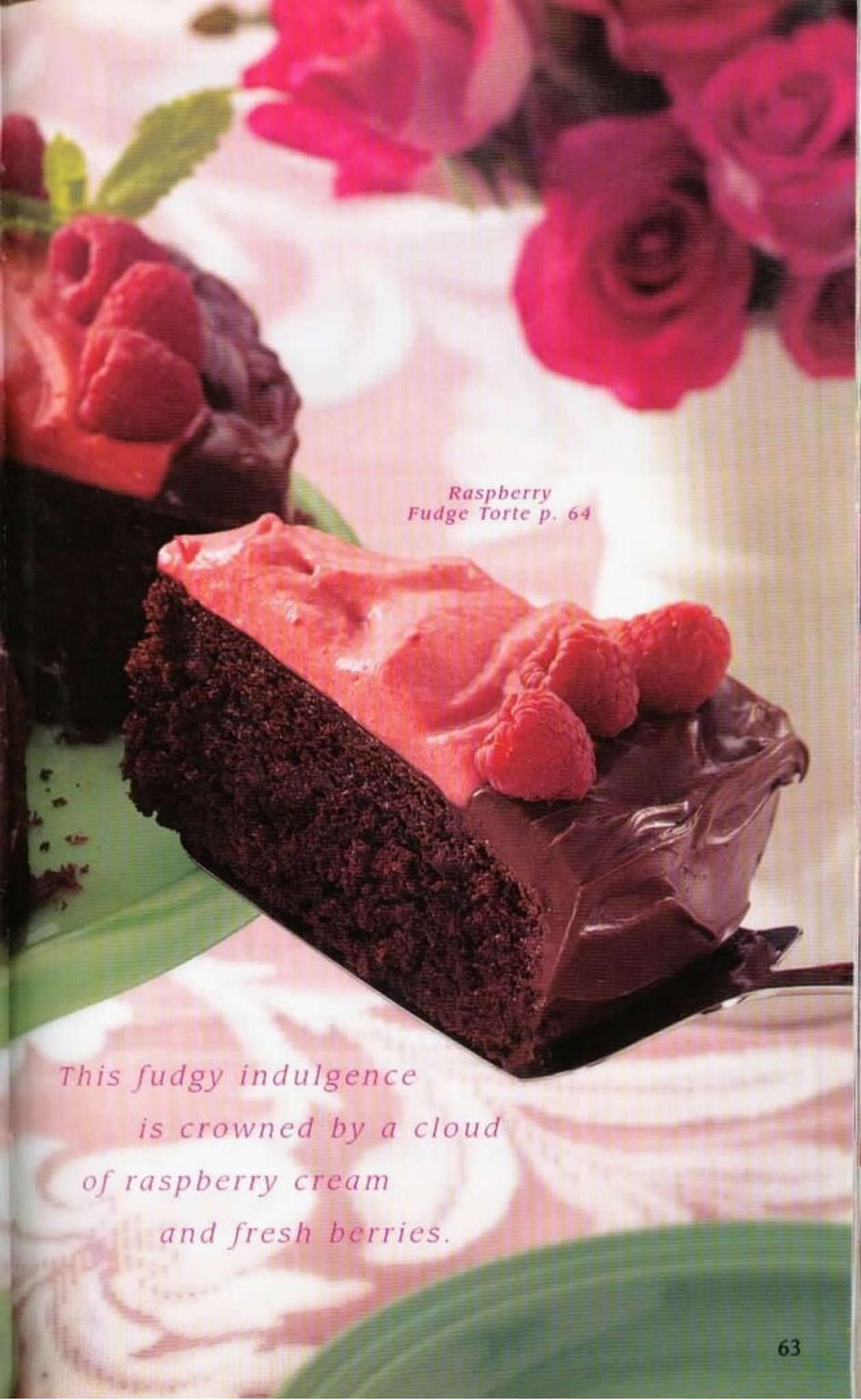
Children love ice cream and brownies, and they'll be dazzled by the look of this attractive, festive dessert.



Dessert of the Month

A slice of Heaven





Raspberry Fudge Torte p. 64

This fudgy indulgence is crowned by a cloud of raspberry cream and fresh berries.

Dessert of the Month



COOK'S NOTES

RECIPE FACT

Tortes are rich desserts made of multiple layers of cake, butter cream and jam. This torte layers chocolate fudge cake, chocolate frosting, and raspberry cream.

INGREDIENT SUBSTITUTION

Use devil's food cake mix in place of the chocolate fudge cake mix.

make-ahead

Raspberry Fudge Torte

PREP TIME: 45 minutes (Ready in 3 hours 30 minutes)

Cake

- 1 (18.25-oz.) pkg. chocolate fudge cake mix with pudding
- 1 (8-oz.) container sour cream
- ¾ cup water
- ⅓ cup oil
- 1 teaspoon vanilla
- 3 eggs
- 1 cup miniature semisweet chocolate chips

Raspberry Cream

- 1 (10-oz.) pkg. frozen raspberries in syrup, thawed
- 2 tablespoons sugar
- 4 teaspoons cornstarch
- ½ cup whipping cream, whipped

Frosting and Garnish

- ¾ cup chocolate ready-to-spread frosting
- ½ pint (1 cup) fresh raspberries

1 Heat oven to 350°F. Grease and flour two 9-inch round or heart-shaped cake pans. In large bowl, combine all cake ingredients except chocolate chips; beat with electric mixer at low speed for 30 seconds. Beat 2 minutes at medium speed. Stir in chocolate chips. Pour batter into greased and floured pans.

2 Bake at 350°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Remove from pans; place on wire racks. Cool 1 hour or until completely cooled. (Wrap and freeze 1 cake layer for a later use.)

3 Meanwhile, to remove seeds from raspberries, place strainer over small saucepan; pour raspberries into strainer. Press raspberries through strainer with back of spoon to remove seeds; discard seeds. Stir sugar and cornstarch into raspberries until smooth. Cook over low heat until mixture is bubbly and thickened, stirring constantly. Boil 1 minute. Place waxed paper or plastic wrap over surface of mixture; refrigerate 30 minutes or until cold. Fold in whipped cream.

4 To assemble torte, place cake layer, top side down, on serving plate. Spread with thin layer of frosting. Top with raspberry cream, spreading to within ½ inch of edge. Frost sides of torte with remaining frosting. Refrigerate at least 1 hour before serving.

5 Just before serving, arrange raspberries around top edge of torte. If desired, garnish with additional fresh raspberries and mint sprigs. Store in refrigerator.

12 servings

HIGH ALTITUDE (ABOVE 3500 FEET): For cake, add ¼ cup flour to dry cake mix; decrease oil to 2 tablespoons. Bake at 350°F. for 35 to 45 minutes. For Raspberry Cream, prepare as directed above except boil 2 to 3 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/12 OF RECIPE **CALORIES: 335** **CALORIES FROM FAT: 155**

		% DV			% DV		% DV
Total Fat	17g	26%	Total Carbohydrate	43g	14%	Vitamin A	4%
Saturated	9g	45%	Dietary Fiber	3g	12%	Vitamin C	4%
Cholesterol	45mg	15%	Sugars	33g		Calcium	6%
Sodium	210mg	9%	Protein	3g		Iron	6%

EXCHANGES: 1 Starch, 2 Other Carbohydrate, 3 Fat
CARBOHYDRATE CHOICES: 3

COOK'S NOTES

MAKE-AHEAD TIPS

Prepare the cake up to one day in advance, seal in plastic wrap. Add the filling and frosting before serving.

Cake layers can be frozen for up to two months; place in a resealable plastic freezer bag. Thaw the cake at room temperature; add the filling and frosting and refrigerate as directed.

Chocolate-Glazed Fudge Cake

PREP TIME: 30 minutes (Ready in 2 hours 10 minutes)

Cake

- 1 cup butter
- 16 oz. semisweet chocolate, chopped
- 2 teaspoons vanilla
- 6 eggs, lightly beaten

Glaze

- ¼ cup whipping cream
- 1 tablespoon light corn syrup
- 1 teaspoon vanilla
- 3 oz. semisweet chocolate, chopped

Garnish

- 2 tablespoons chopped toasted hazelnuts (filberts)

1. Heat oven to 350°F. Grease 8-inch round cake pan. In medium saucepan, melt butter and 16 oz. chocolate over medium-low heat, stirring until smooth. Remove from heat. Stir in 2 teaspoons vanilla. Gently stir in eggs until well combined. Pour into greased pan. Place cake pan in 13x9-inch pan; add warm water until 1 inch deep.
2. Bake at 350°F. for 35 to 40 minutes or until center is set. Remove cake pan from water bath; place on wire rack. Cool 40 minutes.
3. Carefully run knife around edge of pan; invert cake onto wire rack. Cool an additional 20 minutes.
4. Meanwhile, in small saucepan, combine whipping cream, corn syrup and 1 teaspoon vanilla. Bring to a boil over medium heat, stirring occasionally. Remove from heat. Add 3 oz. chocolate; stir until melted and smooth.
5. Place cake on serving platter. Place pieces of waxed paper under cake to catch drips. Slowly pour glaze over top and sides of cake to cover. With narrow metal spatula, smooth glaze over cake. Sprinkle hazelnuts around top edge of cake. When glaze is set, remove waxed paper. Store in refrigerator.

16 servings

COOK'S NOTES

INGREDIENT INFO

Hazelnuts, also called filberts, grow in clusters on trees in temperate climates. The small round nuts are covered in a thin brown bitter skin.

KITCHEN TIP

To remove the skin from hazelnuts, place them in a single layer on a cookie sheet and bake at 350°F. for 10 to 15 minutes, or until the skins begin to flake. Fold the hot nuts into a kitchen towel and rub them vigorously until most of the skins come off.

MAKE IT SPECIAL

Add sparkle to your dessert party by garnishing this cake with a flourish of edible glitter. Present the cake on a large silver or gold platter decorated with edible glitter which can be found at baking supply stores.



HIGH ALTITUDE (ABOVE 3500 FEET): Bake at 350°F. or 45 to 50 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE			CALORIES: 335			CALORIES FROM FAT: 225		
		% DV			% DV			% DV
Total Fat	25g	38%	Total Carbohydrate	23g	8%	Vitamin A		12%
Saturated	15g	75%	Dietary Fiber	2g	8%	Vitamin C		0%
Cholesterol	115mg	38%	Sugars	19g		Calcium		2%
Sodium	110mg	5%	Protein	4g		Iron		6%

EXCHANGES: 1-1/2 Starch, 5 Fat
CARBOHYDRATE CHOICES: 1-1/2

easy

COOK'S NOTES

INGREDIENT INFO

Brandy is distilled from wine or another fermented fruit juice. The aroma, color and flavor of brandy depend on the fruit and length of aging time. Brandies distilled from grapes and apples are aged in wood, which gives them a deep color.

MAKE-AHEAD TIP

Prepare the sauce up to one week in advance; cover and refrigerate it.

SERVING SUGGESTION

You needn't limit these luscious cherries to ice cream. Spoon them over pound cake, cheesecake or flan.

make-ahead

Brandied Cherry Sauce over Ice Cream

PREP TIME: 10 minutes

- 1 (15.5-oz.) can pitted dark sweet (Bing) cherries
- Orange juice (about ¼ cup)
- ¼ cup sugar
- 1 tablespoon cornstarch
- 2 tablespoons brandy, if desired
- 1 quart (4 cups) vanilla ice cream

1. Drain cherry liquid into 1-cup measuring cup; add enough orange juice to make 1 cup. Set cherries aside.
2. In small saucepan, combine cherry liquid mixture, sugar and cornstarch; mix well. Cook over medium heat until mixture comes to a boil, stirring constantly. Remove from heat. Stir in brandy and cherries. Serve sauce warm or cold over individual servings of ice cream.

8 servings

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/8 OF RECIPE **CALORIES: 215** **CALORIES FROM FAT: 65**

		% DV			% DV		% DV
Total Fat	7g	11%	Total Carbohydrate	35g	12%	Vitamin A	6%
Saturated	5g	25%	Dietary Fiber	0g	0%	Vitamin C	4%
Cholesterol	30mg	10%	Sugars	29g		Calcium	8%
Sodium	55mg	2%	Protein	3g		Iron	2%

EXCHANGES: 1 Starch, 1 Fruit, 1-1/2 Fat
CARBOHYDRATE CHOICES: 2





make-ahead

Frosted Cranberry-Cherry Pie

PREP TIME: 15 minutes (Ready in 2 hours)

Crust

- 1 (15-oz.) pkg. Pillsbury® Refrigerated Pie Crusts, softened as directed on package

Filling

- 1 (21-oz.) can cherry pie filling
- 1 (16-oz.) can whole berry cranberry sauce
- 3 tablespoons cornstarch
- ¼ teaspoon cinnamon

Glaze

- ½ cup powdered sugar
- 1 tablespoon light corn syrup
- 2 to 3 teaspoons water

Garnish

- ¼ cup sliced almonds, if desired

1. Heat oven to 425°F. Prepare pie crust as directed on package for two-crust pie using 9-inch glass pie pan.
2. In large bowl, combine all filling ingredients. Spoon into crust-lined pan. Top with second crust; seal edges and flute. Cut slits in several places in top crust.
3. Bake at 425°F. for 35 to 45 minutes or until crust is golden brown. Cover edge of crust with strips of foil after 10 to 15 minutes of baking to prevent excessive browning.
4. Remove pie from oven. Immediately, in small bowl, combine powdered sugar, corn syrup and enough water for desired drizzling consistency. Drizzle glaze over hot pie. Decorate or sprinkle with almonds. Cool at least 1 hour before serving.

8 servings

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/8 OF RECIPE **CALORIES: 460** **CALORIES FROM FAT: 135**

		% DV			% DV		% DV
Total Fat	15g	23%	Total Carbohydrate	78g	26%	Vitamin A	0%
Saturated	6g	30%	Dietary Fiber	2g	8%	Vitamin C	4%
Cholesterol	10mg	3%	Sugars	47g		Calcium	0%
Sodium	240mg	10%	Protein	3g		Iron	2%

EXCHANGES: 1 Starch, 4 Other Carbohydrate, 3 Fat
CARBOHYDRATE CHOICES: 5

COOK'S NOTES

INGREDIENT INFO

Corn syrup keeps the glaze from crystallizing and becoming cloudy.

MAKE-AHEAD TIP

To freeze for up to two months, prepare the pie without the glaze; place in a freezer container. To thaw, place the pie in the oven at 325°F. for 45 minutes or until warm; add the glaze and garnish.

MAKE IT SPECIAL

This sparkling, ruby-red pie looks great served on clear glass dessert plates. Top each slice with a dollop of sweetened whipped cream flavored with almond extract.

COOK'S NOTES

MAKE-AHEAD TIP

Bake this cake up to two months in advance and let it cool; seal it in two layers of plastic wrap and freeze it. Thaw the wrapped cake at room temperature for two hours.

MICROWAVE OPTION

To prepare sauce in microwave, place butter in 4-cup microwave-safe measuring cup. Microwave on HIGH for 1 minute or until melted. Stir in brown sugar and corn syrup. Microwave on HIGH for 2 to 3 minutes or until sugar dissolves, stirring once halfway through cooking. Stir in whipping cream. Microwave on HIGH for 45 to 60 seconds or until mixture boils, stirring once halfway through cooking.

make-ahead

Cranberry-Caramel Cake

PREP TIME: 35 minutes (Ready in 2 hours 30 minutes)

Cake

- 1 (18.25-oz.) pkg. yellow cake mix with pudding
- 2 teaspoons pumpkin pie spice
- 1 cup eggnog
- ⅓ cup oil
- 4 eggs
- 1½ cups fresh or frozen cranberries, coarsely chopped
- ½ cup chopped walnuts

Caramel Sauce

- ½ cup butter
- 1¼ cups firmly packed brown sugar
- 2 tablespoons light corn syrup
- ½ cup whipping cream

1. Heat oven to 350°F. Grease and lightly flour 12-cup fluted tube pan. In large bowl, combine cake mix, pumpkin pie spice, eggnog, oil and eggs; beat with electric mixer at low speed for 30 seconds. Beat 2 minutes at medium speed. Stir in cranberries and walnuts. Pour batter into greased and floured pan.
2. Bake at 350°F. for 45 to 55 minutes or until toothpick inserted near center comes out clean. Cool in pan 10 minutes. Invert cake onto wire rack; remove pan. Cool about 1 hour or until completely cooled.
3. To serve, melt butter in medium saucepan over medium-high heat. Stir in brown sugar and corn syrup. Bring to a boil. Cook about 1 minute or until sugar dissolves, stirring constantly. Stir in whipping cream. Return to a boil, stirring constantly. Remove from heat. Serve warm sauce over cake.

16 servings

HIGH ALTITUDE (ABOVE 3500 FEET): For cake, add ¼ cup flour to dry cake mix, decrease oil to ¼ cup and add ⅔ cup water. Bake at 375°F. for 45 to 50 minutes.



NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE **CALORIES:** 400 **CALORIES FROM FAT:** 190

		% DV			% DV		% DV
Total Fat	21g	32%	Total Carbohydrate	49g	16%	Vitamin A	8%
Saturated	8g	40%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	85mg	28%	Sugars	41g		Calcium	8%
Sodium	300mg	13%	Protein	4g		Iron	6%

EXCHANGES: 1 Starch, 2 Other Carbohydrate, 4 Fat
CARBOHYDRATE CHOICES: 3

COOK'S NOTES

INGREDIENT SUBSTITUTION

Use coffee-flavored liqueur in place of the amaretto.

KITCHEN TIPS

Sugar scorches easily; watch it constantly when it is broiling.

For a little more control, try caramelizing the sugar with a small kitchen torch available at cookware stores. Continuously move the torch over the sugar-topped custards in a slow, circular motion until the sugar melts evenly over the surface and turns a golden color.

Amaretto Crème Brûlée

PREP TIME: 15 minutes (Ready in 5 hours 45 minutes)

- 6 egg yolks
- ½ cup sugar
- 1 pint (2 cups) whipping cream
- ¼ cup amaretto
- 1 teaspoon vanilla
- ⅛ teaspoon salt
- 2 tablespoons sugar
- ¼ cup sliced almonds, toasted

1. Heat oven to 350°F. Place six 6-oz. oval or round ramekins or custard cups in 13x9-inch pan. In medium bowl, combine egg yolks and ½ cup sugar; beat with wire whisk until light and fluffy. Add whipping cream, amaretto, vanilla and salt; mix well.
2. Strain mixture into 4-cup measuring cup or another medium bowl. Pour about ½ cup mixture into each ramekin. Pour hot water into pan until halfway up sides of ramekins. Cover loosely with foil.
3. Bake at 350°F. for 40 to 50 minutes or until edges are set but center still jiggles slightly when gently shaken. Remove ramekins from water bath; place on wire racks to cool for 30 minutes. Pour out water from pan.
4. Transfer ramekins to same pan. Cover; refrigerate at least 3 hours or up to 24 hours before serving.
5. Sprinkle each ramekin with 1 teaspoon sugar. Watching constantly, broil custards 4 to 6 inches from heat for 1 to 4 minutes or until sugar bubbles and is caramelized. Refrigerate at least 1 hour or up to 3 hours to harden topping.
6. Just before serving, sprinkle toasted almonds over chilled crème brûlée. Store in refrigerator.

6 servings

HIGH ALTITUDE (ABOVE 3500 FEET): Bake at 350°F. for 55 to 60 minutes.



NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/8 OF RECIPE **CALORIES: 420** **CALORIES FROM FAT: 290**

		% DV			% DV		% DV
Total Fat	32g	49%	Total Carbohydrate	28g	9%	Vitamin A	24%
Saturated	17g	85%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	300mg	100%	Sugars	26g		Calcium	8%
Sodium	85mg	4%	Protein	5g		Iron	4%

EXCHANGES: 2 Starch, 6 Fat
CARBOHYDRATE CHOICES: 2

Recipe Makeover

Lighten up with this Dazzling Dessert

Ruby-red raspberries sweetened with orange liqueur sauce, a luscious pale-green pistachio square. *Chopped pistachios scattered atop the dessert give wonderful crunch!*

here's how

TO save about 65 calories and 12 grams of fat per serving:

- For the crust, reduce the butter by 1 tablespoon.
- For the filling, substitute fat-free cream cheese, skim milk and fat-free whipped topping.



make-ahead

Frozen Pistachio Cream Dessert with Ruby Raspberry Sauce

PREP TIME: 30 minutes (Ready in 5 hours 30 minutes)

Crust
- 1 cup vanilla wafer crumbs (about 30 wafers)
- ½ cup finely chopped shelled pistachios
- 3 tablespoons butter, melted

Filling
- 1 (8-oz.) pkg. fat-free cream cheese, softened
- 1 (3.4-oz.) pkg. instant pistachio pudding and pie filling mix
- 1¼ cups skim milk
- 1 (8-oz.) container frozen fat-free whipped topping, thawed, reserving 1 cup

Sauce
- 1 (10-oz.) pkg. frozen raspberries in syrup, partially thawed
- 2 tablespoons sugar
- 2 tablespoons orange-flavored liqueur or orange juice

Garnish
- Reserved 1 cup fat-free whipped topping
- 1 to 2 tablespoons chopped shelled pistachios

1 In medium bowl, combine all crust ingredients; mix well. Press firmly in bottom of ungreased 9-inch springform pan or 8-inch square pan.

2 Beat cream cheese in medium bowl with electric mixer at medium speed until light and fluffy. Add pudding mix and milk; beat at low speed until combined. Beat at medium speed until smooth. Reserve 1 cup of the whipped topping for garnish; cover and refrigerate. Fold remaining whipped topping into cream cheese mixture. Spoon into crust-lined pan. Freeze at least 4 hours or until firm.

3 Meanwhile, in blender container or food processor bowl with metal blade, combine raspberries, sugar and liqueur. Cover; blend until smooth. Press raspberry mixture through strainer into bowl to remove seeds; discard seeds.

continued on p. 78

ORIGINAL INGREDIENTS

Crust
- 1 cup vanilla wafer crumbs (20 wafers)
- ½ cup finely chopped shelled red pistachios
- ¼ cup butter, melted

Filling
- 2 (3-oz.) pkg. cream cheese, softened
- 1 (3.4-oz.) pkg. instant pistachio pudding and pie filling mix
- 1¼ cups milk
- 1 (8-oz.) container frozen whipped topping, thawed, reserving ¾ cup

Sauce
- 1 (10-oz.) pkg. frozen raspberries in syrup, partially thawed
- 2 tablespoons sugar
- 2 tablespoons orange-flavored liqueur

Garnish
- Reserved 3/4 cup whipped topping
- 1 to 2 tablespoons chopped shelled red pistachios

Calories 375, Calories From Fat 205, Total Fat 23g, Saturated Fat 10g, Cholesterol 35mg, Sodium 350mg

COOK'S NOTES

Frozen Pistachio Cream Dessert with Ruby Raspberry Sauce — continued from p. 77

4 To serve, let dessert thaw in refrigerator for about 1 hour. Carefully run knife around sides of pan. Top individual servings with reserved whipped topping, raspberry sauce and about ½ teaspoon chopped pistachios.

9 servings

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/9 OF RECIPE **CALORIES: 310** **CALORIES FROM FAT: 100**

		% DV			% DV		% DV
Total Fat	11g	18%	Total Carbohydrate	42g	15%	Vitamin A	12%
Saturated	4g	22%	Dietary Fiber	3g	13%	Vitamin C	4%
Cholesterol	10mg	4%	Sugars	29g		Calcium	10%
Sodium	400mg	15%	Protein	7g		Iron	4%

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 2 Fat
CARBOHYDRATE CHOICES: 3

COOK'S NOTES

HEALTHY HINT

To reduce the fat in each cheesecake by about 3 grams, use fat-free cream cheese.

MAKE-AHEAD TIP

Cheesecakes without chocolate drizzle can be frozen in a tightly covered freezer container for up to one month. To thaw, refrigerate overnight or let stand at room temperature for 30 minutes.

make-ahead

Cookies 'n Cream Mini Cheesecakes

PREP TIME: 25 minutes (Ready in 2 hours 10 minutes)

Crust

- 16 creme-filled chocolate sandwich cookies, crushed (about 1½ cups)
- 2 tablespoons butter, melted

Filling

- 1 (8-oz.) pkg. cream cheese, softened
- ¼ cup milk
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 1 egg
- 4 creme-filled chocolate sandwich cookies, cut into ¼-inch pieces (about ½ cup)

Chocolate Topping

- 3 tablespoons semisweet chocolate chips
- 1 teaspoon shortening

1 Heat oven to 325°F. Line 24 miniature muffin cups with paper baking cups. In small bowl, combine crushed cookies and butter; mix well. Press 1 teaspoon cookie mixture firmly in bottom of each paper-lined muffin cup.



2 In large bowl, combine cream cheese, milk and sugar; beat with electric mixer at medium speed until light and fluffy. Add vanilla and egg; beat well. Fold in cut-up cookies. Spoon 1 heaping tablespoon cream cheese mixture into each crust-lined muffin cup.

3 Bake at 325°F. for 12 to 14 minutes or until edges are set and centers are still soft. Cool in pan on wire rack for 30 minutes. Refrigerate at least 1 hour or up to 48 hours before serving.

4 Just before serving, in 1-cup microwave-safe measuring cup, combine chocolate chips and shortening. Microwave on HIGH for 30 to 45 seconds or until melted, stirring once. Drizzle chocolate over tops of cheesecakes. Store in refrigerator.

24 cheesecakes

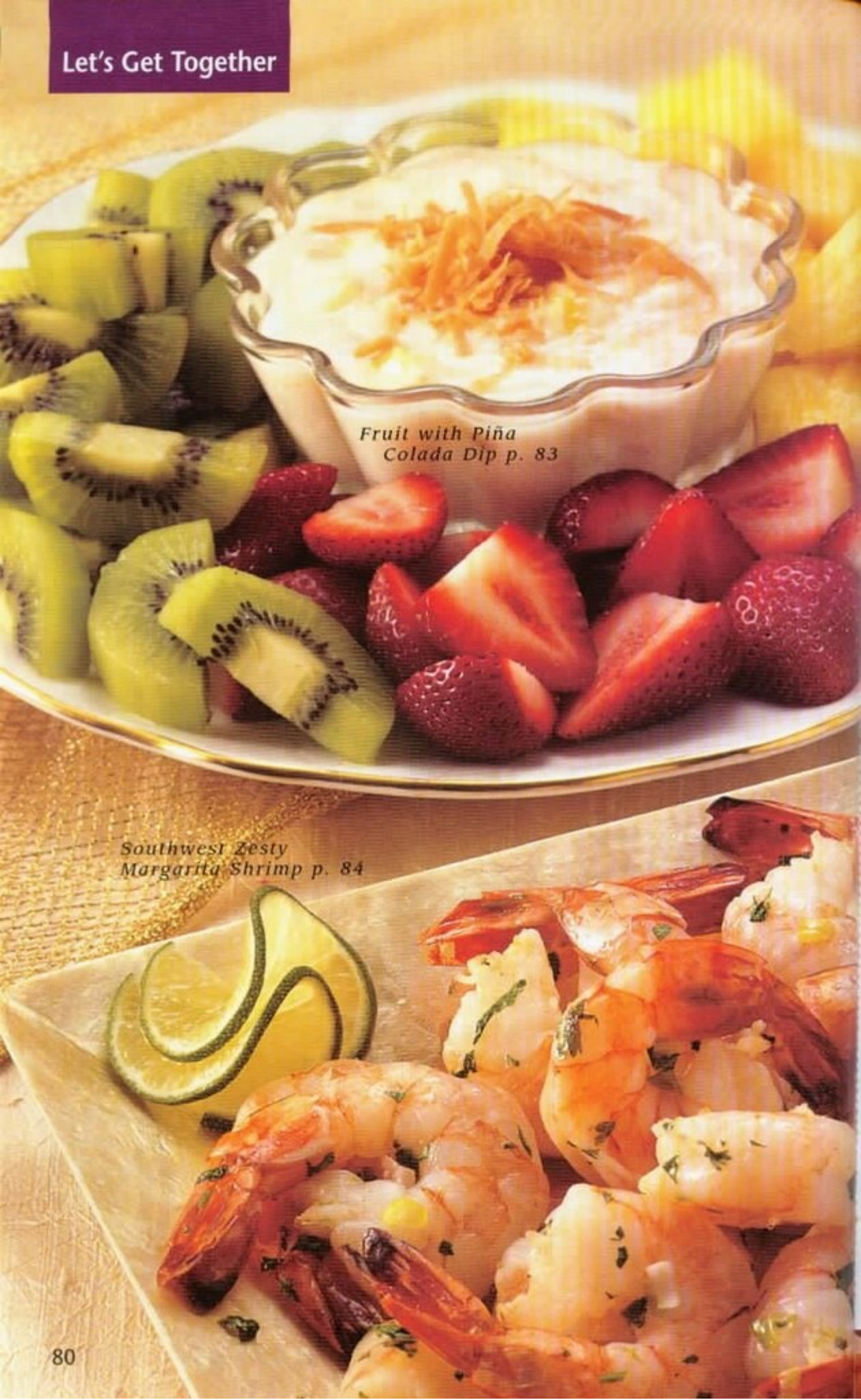
HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 CHEESECAKE **CALORIES: 105** **CALORIES FROM FAT: 65**

		% DV			% DV		% DV
Total Fat	7g	11%	Total Carbohydrate	8g	3%	Vitamin A	4%
Saturated	4g	20%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	20mg	7%	Sugars	5g		Calcium	2%
Sodium	95mg	4%	Protein	2g		Iron	2%

EXCHANGES: 1/2 Starch, 1-1/2 Fat
CARBOHYDRATE CHOICES: 1/2

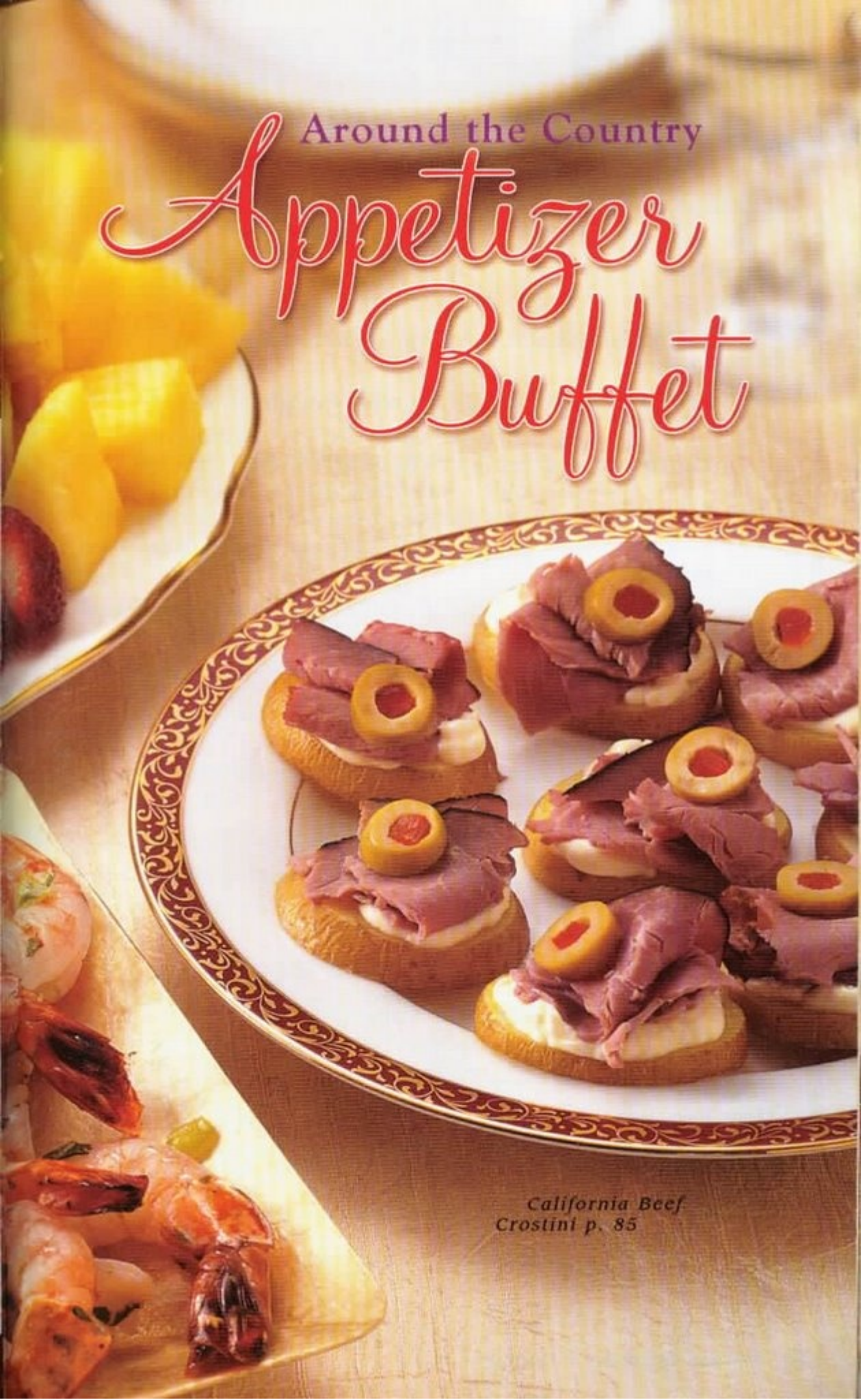


Fruit with Piña Colada Dip p. 83

Southwest Zesty Margarita Shrimp p. 84

Around the Country

Appetizer Buffet



California Beef Crostini p. 85

Around the Country

Appetizer Buffet

Forget "armchair" traveling—buffet-table traveling is much more delicious! Our zesty holiday menu showcases American specialties from the north, south, east and west.

MENU

Wisconsin or Vermont Cheddar and Crackers

Alaskan Smoked Salmon on Cucumber Slices

Southwest Zesty Margarita Shrimp, p. 84

California Beef Crostini, p. 85

Fruit with Piña Colada Dip (Hawaii)

New York White-Chocolate Cheesecake, p. 88

Georgia Peanuts

Local Beer, California Wine, Maine Spring Water

You'll Love This Holiday Party!

A FUN ALTERNATIVE TO LINEN: Top the table with maps, picture postcards, metallic stars or confetti and cover all with a clear plastic tablecloth.

DECORATE A COUPLE OF TOY CARS OR LOCOMOTIVES with tinsel, ribbon bows or star garland and arrange them on the table on a wide gold ribbon "highway." Fill a toy pick-up truck with miniature wrapped presents or holiday candies.

ARRANGE FOODS AT DIFFERENT HEIGHTS: Place higher items toward the center or back of the table. Use pedestal dishes or cover inverted baking pans with a holiday-print kitchen towel or linen napkin to improvise a display stand.



easy

make-ahead

Fruit with Piña Colada Dip

PREP TIME: 25 minutes

Dip

- 2 (6-oz.) containers Yoplait® Original 99% Fat Free French Vanilla Yogurt
- 1 teaspoon rum extract or dark rum
- 3 tablespoons flaked coconut, toasted
- 2 tablespoons finely chopped pineapple

Fruit

- 15 fresh strawberries, halved
- 30 (1-inch) chunks fresh pineapple
- 30 chunks kiwi fruit (about 5 medium)

1. In small bowl, combine yogurt, rum extract and 2 tablespoons of the coconut; blend well. Stir in pineapple. Serve immediately, or cover and refrigerate until serving time.
2. To serve, arrange fruit on serving platter. Sprinkle dip with remaining tablespoon toasted coconut. If desired, garnish with pineapple leaves. Store dip in refrigerator.

15 servings

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/15 OF RECIPE **CALORIES: 60** **CALORIES FROM FAT: 10**

		% DV			% DV		% DV
Total Fat	1g	2%	Total Carbohydrate	12g	4%	Vitamin A	0%
Saturated	0g	0%	Dietary Fiber	1g	4%	Vitamin C	58%
Cholesterol	0mg	0%	Sugars	9g		Calcium	4%
Sodium	15mg	1%	Protein	1g		Iron	2%

EXCHANGES: 1 Fruit
CARBOHYDRATE CHOICES: 1

COOK'S NOTES

KITCHEN TIPS

Use a mini food processor or blender to finely chop the pineapple.

For the best flavor, purchase flaked coconut and toast 3 tablespoons. Arrange a single layer of coconut on a small cookie sheet and bake at 350°F. for 2 to 5 minutes, or just until golden. Keep a close watch on the coconut; it scorches easily.

MAKE-AHEAD TIP

Prepare the dip up to one day in advance; cover and refrigerate. Stir before serving.

COOK'S NOTES

KITCHEN TIPS

Purchase the correct size of shrimp to ensure the appropriate amount of marinade and appetizer servings. The large shrimp needed for this recipe are 26-30 count per pound.

For more intense flavor, marinate the shrimp for eight hours.

MAKE-AHEAD TIP

Prepare the recipe up to eight hours before serving; cover and refrigerate.

SERVING SUGGESTION

For your buffet, plan 6 to 12 appetizers of various forms and temperatures. How much to prepare? Allow for 3 to 4 appetizers per person per hour.

make-ahead

Southwest Zesty Margarita Shrimp

PREP TIME: 30 minutes (Ready in 4 hours 30 minutes)

- ¼ cup finely chopped green onions
- ¼ cup oil
- ¼ cup tequila
- 1 teaspoon grated lime peel
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon salt
- 1 lb. (about 30) large tiger (striped) shrimp, shelled, tails left on and deveined

1 In medium bowl, combine all ingredients except shrimp; mix well. Add shrimp; stir to coat. Cover; refrigerate at least 4 hours or up to 8 hours to marinate.

2 Spray broiler pan with nonstick cooking spray. Drain shrimp, discarding marinade. Place shrimp on sprayed broiler pan. Broil 4 inches from heat for 5 to 7 minutes or until shrimp turn pink, turning once.

30 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 15** **CALORIES FROM FAT: 10**

		% DV			% DV		% DV
Total Fat	1g	2%	Total Carbohydrate	0g	0%	Vitamin A	0%
Saturated	0g	0%	Dietary Fiber	0g	0%	Vitamin C	0%
Cholesterol	15mg	5%	Sugars	0g		Calcium	0%
Sodium	25mg	1%	Protein	2g		Iron	0%

EXCHANGES: 1/2 Very Lean Meat
CARBOHYDRATE CHOICES: 0

make-ahead

California Beef Crostini

PREP TIME: 20 minutes (Ready in 1 hour)

- 10 small (about 2-inch) Yukon gold or red potatoes
- 1 tablespoon olive oil
- ½ teaspoon garlic salt
- ¼ cup mayonnaise
- 1 teaspoon wasabi powder or prepared horseradish
- ¼ teaspoon minced garlic
- Dash white pepper
- ¼ lb. shaved London-broil roast beef (from deli)
- 30 slices pimiento-stuffed green olives

1. Heat oven to 400°F. Cut off ends of each potato; discard ends. Cut potatoes into ⅜-inch-thick slices (about 3 per potato). Place slices on ungreased cookie sheet. Brush slices with oil; sprinkle each with garlic salt.
2. Bake at 400°F. for 15 to 20 minutes or until tender and golden brown. Cool 20 minutes or until completely cooled.
3. Meanwhile, in small bowl, combine mayonnaise, wasabi powder, garlic and pepper; mix well.
4. To serve, place potato slices on serving platter. Top each with about ½ teaspoon mayonnaise mixture. Top with roast beef. Garnish each with olive slice.

30 appetizers

HIGH ALTITUDE (ABOVE 3500 FEET): Bake at 425°F. for 15 to 20 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 APPETIZER **CALORIES: 55** **CALORIES FROM FAT: 20**

		% DV			% DV		% DV
Total Fat	2g	3%	Total Carbohydrate	8g	3%	Vitamin A	0%
Saturated	0g	0%	Dietary Fiber	0g	0%	Vitamin C	2%
Cholesterol	5mg	2%	Sugars	0g		Calcium	0%
Sodium	100mg	4%	Protein	1g		Iron	2%

EXCHANGES: 1/2 Starch, 1/2 Fat
CARBOHYDRATE CHOICES: 1/2



▼ COOK'S NOTES

INGREDIENT INFO

Yukon gold potatoes have a sweet, butter-yellow flesh and golden-brown peel. Their waxy texture makes them perfect for roasting or boiling and mashing.

Wasabi, also know as Japanese horseradish, is a fiery-hot Asian root. Fresh wasabi is sold at Asian markets and co-ops. Look for wasabi powder near the Asian products at the grocery store.

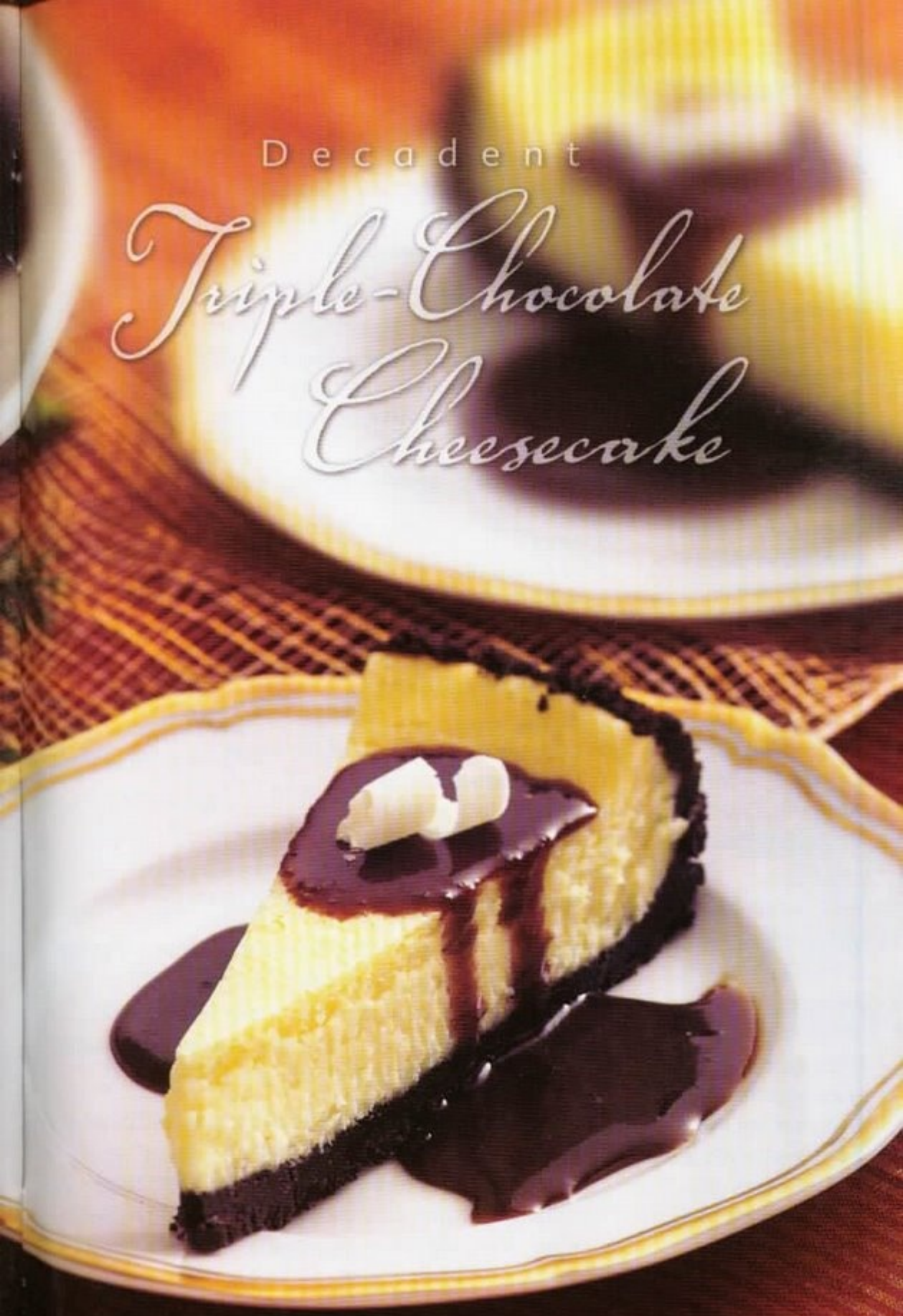
KITCHEN TIP

For easy cleanup, roast the potatoes on parchment paper cut to fit the cookie sheet.

MAKE-AHEAD TIP

Prepare this recipe up to a day in advance; cover and refrigerate it.





New York White Chocolate Cheesecake p. 88

COOK'S NOTES

KITCHEN TIPS

Use a food processor to crush the wafer cookies, or seal them in a heavy-duty food storage plastic bag and press them with a rolling pin. Or use already crushed chocolate wafers boxed and available in the grocery store baking section.

For neat slices of cheesecake, wipe your knife blade clean with a warm wet cloth between each cut.

MAKE-AHEAD TIP

Prepare the recipe up to one day in advance; cover and refrigerate the cheesecake and sauce separately. Before serving the sauce, microwave it for 10 seconds and stir to restore it to its original consistency.

make-ahead

New York White Chocolate Cheesecake

PREP TIME: 1 hour (Ready in 7 hours)

Crust

- 1 (9-oz.) pkg. chocolate wafer cookies, crushed (2¼ cups)
- 6 tablespoons butter or margarine, melted

Filling

- 2 (8-oz.) pkg. cream cheese, softened
- ½ cup sugar
- 3 eggs
- 1 (12-oz.) pkg. (2 cups) white vanilla chips or 12 oz. vanilla-flavored candy coating, chopped, melted*
- 1 cup whipping cream
- 1 teaspoon vanilla

Chocolate Sauce

- ⅓ cup semisweet chocolate chips
- 1 tablespoon butter
- ¼ cup boiling water
- ¾ cup sugar
- 3 tablespoons corn syrup
- ½ teaspoon vanilla or mint extract

1 Place 12-inch square sheet of foil on rack below center oven rack in oven. Heat oven to 325°F. In medium bowl, combine crust ingredients; mix well. Press in bottom and about 1 inch up sides of ungreased 10-inch springform pan. Refrigerate while preparing filling.

2 Beat cream cheese in large bowl with electric mixer at medium speed until smooth. Gradually add ½ cup sugar, beating until smooth. Add eggs, 1 at a time, beating well after each addition. Quickly add melted chips, whipping cream and vanilla; beat until smooth. Pour into crust-lined pan.

3 Bake at 325°F. for 55 to 65 minutes or until edges are set; center of cheesecake will be soft. Turn oven off; open oven door at least 4 inches. Let cheesecake sit in oven for 30 minutes or until center is set.

4 Remove cheesecake from oven. Cool in pan on wire rack for 1 hour or until completely cooled. Carefully remove sides of pan. Refrigerate at least 4 hours or overnight.

5 In small heavy saucepan, combine chocolate chips, 1 tablespoon butter and boiling water. Let stand 5 minutes. Whisk chocolate mixture until smooth. Add ¾ cup sugar and corn syrup; mix well. Bring to a boil over medium-low heat, stirring constantly. Reduce heat to low; boil 8 minutes without stirring.

6 Remove saucepan from heat. Stir ½ teaspoon vanilla into chocolate sauce. Cool 15 minutes, stirring frequently. Sauce will thicken as it cools. Serve cheesecake with sauce. Store cheesecake and sauce in refrigerator.

16 servings

Note: *To melt white vanilla chips or candy coating, place 1 cup or 6 oz. at a time in medium microwave-safe bowl. Microwave on MEDIUM for 3 to 4 minutes or until melted, stirring once halfway through cooking. Stir until smooth.

HIGH ALTITUDE (ABOVE 3500 FEET): Wrap outside of springform pan with foil; prepare cheesecake as directed above. To help prevent cracking, place pan filled with 1 to 2 inches water on oven rack below cheesecake during baking. Bake at 325°F. for 60 to 70 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/16 OF RECIPE			CALORIES: 485			CALORIES FROM FAT: 280		
		% DV			% DV			% DV
Total Fat	31g	48%	Total Carbohydrate	46g	15%	Vitamin A		16%
Saturated	17g	85%	Dietary Fiber	0g	0%	Vitamin C		0%
Cholesterol	105mg	35%	Sugars	38g		Calcium		8%
Sodium	250mg	10%	Protein	6g		Iron		6%

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 6 Fat
CARBOHYDRATE CHOICES: 3

COOK'S NOTES

MAKE IT SPECIAL

Use a vegetable peeler to shave vanilla curls from the smooth underside of a white baking bar or vanilla candy coating square. Spoon the chocolate sauce over each piece of cheesecake and garnish it with a white chocolate curl.



Index

- **Easy Recipes:** 6 ingredients or less OR ready in 30 minutes or less.
- **Low-Fat Recipes:** 10 grams of fat or less (main dishes) or 3 grams of fat or less (all other dishes) and 30% calories from fat or less.
- **Make-Ahead Recipes:** Most or all of the recipe can be made ahead.



Lemon Bavarian Cream with Raspberry Sauce p. 57

APPETIZERS

Bite-Sized

- Cheddar-Stuffed Mushrooms 9
- Cucumber-Dill Stuffed Cherry Tomatoes 10
- Curry-Mustard Glazed Meatballs 7
- Elegant Cheese Grape Cluster 43
- Flaky Sausage Foldovers 29
- Mexican Vegetable Roll-Ups 6
- Raspberry-Brie Tarts 48
- Southwest Zesty Margarita Shrimp 84

CANAPÈS

- California Beef Crostini 85
- Pita Triangles with Olive Relish 35
- Polenta Rounds with Caramelized Vegetables 40

DIPS AND SPREADS

- Cajun Crab Cheesecake 44
- Camembert Crowned with Cranberry-Port Sauce 34
- Feta Cheese Package 46
- Fruit with Piña Colada Dip 83
- Gorgonzola-Artichoke Dip 13

MISCELLANEOUS

- Chicken Saté with Spicy Peanut Sauce 36
- Chipotle Chicken Drummettes 14
- Cranberry-Barbecue Riblets 50
- Festive Ham and Cheese Wreath 25
- Fresh Vegetable Pizza 30
- Grilled Cheese Quesadillas 22
- Lettuce Wraps 52
- Parmesan Rounds with Lox 39
- Pinwheel Pepperoni Trees 26

SNACKS

- Spicy Praline Pecans 21

DESSERTS

- Amaretto Crème Brûlée 74
- Brandied Cherry Sauce over Ice Cream 68
- Candy Cane Peppermint Brownie 61
- Chocolate-Glazed Fudge Cake 66
- Cookies 'n Cream Mini Cheesecakes 78
- Cranberry-Caramel Cake 72
- Crème de Menthe Cheesecake 56
- Frosted Cranberry-Cherry Pie 71
- Frozen Pistachio Cream Dessert with Ruby Raspberry Sauce 77
- Lemon Bavarian Cream with Raspberry Sauce 57
- New York White Chocolate Cheesecake 88
- Raspberry Fudge Torte 64
- Saucy Center Chocolate Cakes . . . 58

How to Use Our Nutrition Information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Classic® Cookbooks can help you estimate the contribution of specific recipes to your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugars, protein, vitamins A and C, calcium and iron.

- Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.
- Exchange information: We include exchange information for those who are managing their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.
- Carbohydrate choices: To help people who want to count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

Guidelines for Calculating Nutrition Information:

- The first ingredient is used wherever a choice is given (such as ⅓ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

Tailoring Your Daily Diet

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

What You Need Daily	Women Age: 25–50	Women Over 50	Men 25–50
Calories	2200	1900	2900
Total Fat	73 g or less	63	97
Saturated Fat	24 g or less	21	32
Cholesterol	300 mg or less	300	300
Sodium	2400 mg	2400	2400
Calcium	800 mg	800	800
Iron	15 mg	10	10

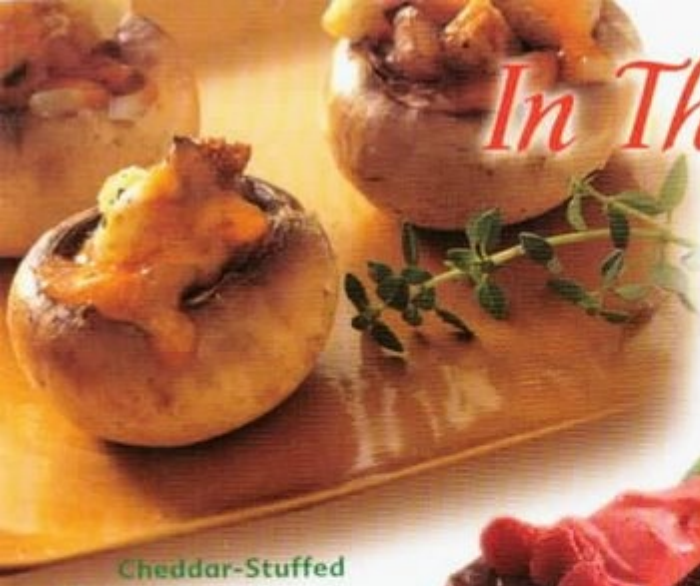
(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

Our Experts Behind the Scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturers' labels are used to provide up-to-date nutrient values.



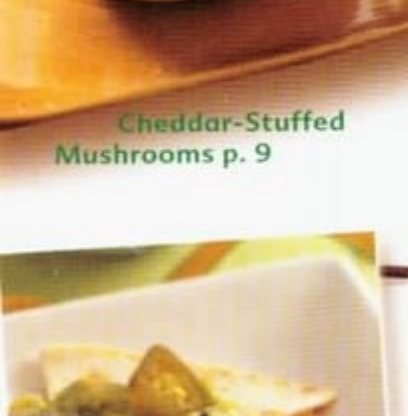
In This Issue:



Cheddar-Stuffed Mushrooms p. 9

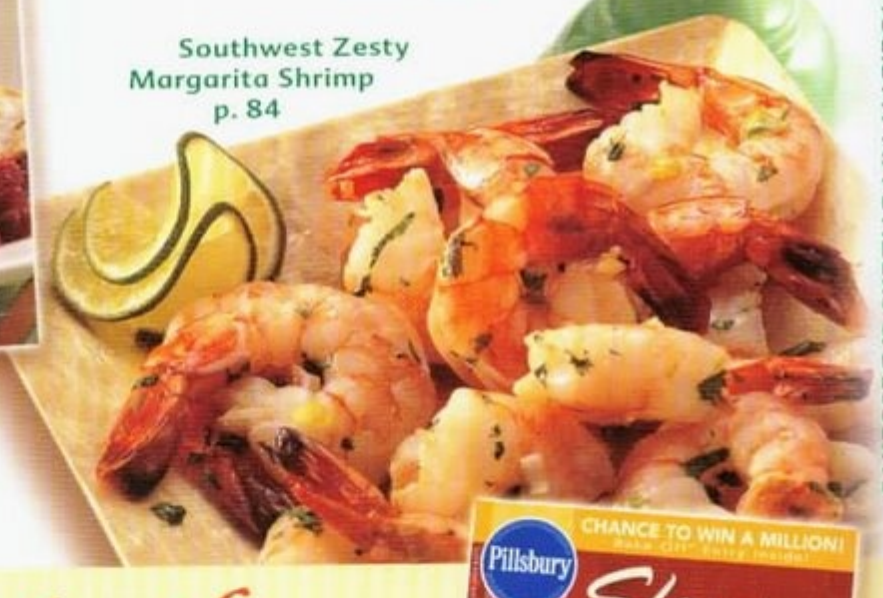


Raspberry Fudge Torte p. 64



Grilled Cheese Quesadillas p. 22

Southwest Zesty Margarita Shrimp p. 84



Next Month:

Winter Warm-Ups!

- Crowd pleasers for winter gatherings
- A nacho party for football watching
- Hearty chilies, soups and stews
- Lasagna in the slow cooker — and more!

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